



## SLEEPER STRETCH

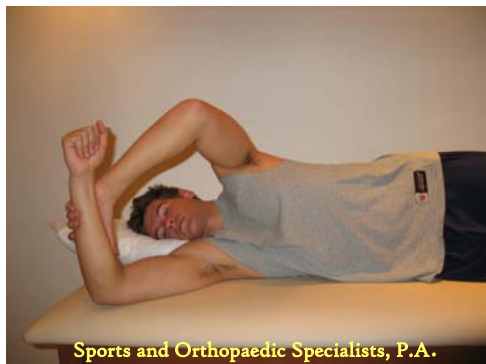
90°



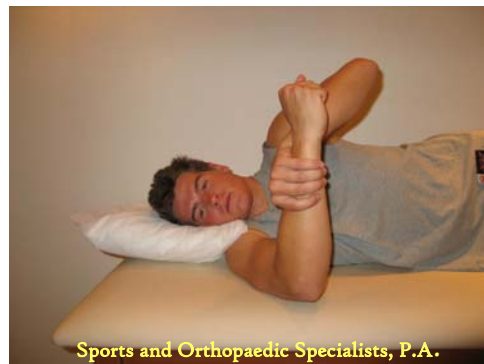
Patient directed PROM with opposite hand grasping at or above the wrist. Patient provides a gentle stretch and performs 10-15 repetitions, holding for 15-20 seconds, 4-5 times daily.

Patient may progress as ROM increases, but is NOT to stretch through pain. Patient goal is to achieve ROM which is equal or within 10-15 degrees of opposite arm measured in supine internal rotation.

120°



60°



If directed to do so, stretches may also be performed with the arm at angles of 120° and 60°