



Robyn Dey RMT
Massage Therapy

Supraspinatus Stretching: Internal Rotation and Adduction

In either a sitting or standing position, bring the stretch elbow in front of your body and bend it to 90°. Next bring your opposite arm up under the stretch arm so that your stretch arm's elbow is resting in you're the other elbow. Grab your stretch side thumb with your other hand and carefully pull that hand down while pushing the top of your arm up. You should feel a stretch on top of your shoulder blade.

