



**Robyn Dey RMT**  
Massage Therapy

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## Subscapularis and Teres Major Stretch

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Lie on your back with arms abducted to 90° like a “T” and elbow bent to 90°. Hold a light hand weight and allow gravity to pull the hand backward and down toward the floor/table into external rotation. The elbow can be off table but rest of arm and shoulder must be stabilized by table

**Do not do this exercise if you have any injury to the front of your shoulder.**

