

Shoulder Band Distraction Stretching

Overhead Flexion - [Video](#)



Band Attachment Site – Single Band Double Loop attached onto Right wrist

Body Alignment – Aggressive staggered stance with left foot forward when stretching right shoulder

Dynamic Stretch Action – Keeping tension on the band to create distraction, lean forward at the waist while allowing arm to be taken into full flexion. Oscillate the upper torso in and out of flexion while creating greater shoulder flexion range of motion

Progression – Positioning feet into a longer staggered stance and bring chest closer to the floor increasing shoulder flexion or using a stronger band

Anterior Shoulder (Horizontal Abduction) - [Video](#)



Band Attachment Site – Single Band Double Loop attached onto Left wrist

Body Alignment – Feet positioned perpendicular to band

Dynamic Stretch Action – Keeping tension on the band to create distraction, rotate upper torso to the right, opening up left anterior chest

Progression – Positioning feet slight more rotated away from band attachment or performing a greater upper torso rotation or using stronger band

Posterior Shoulder (Horizontal Adduction) - [Video](#)



Band Attachment Site – Single Band Single Loop attached onto Right wrist

Body Alignment – Position feet perpendicular to the band

Dynamic Stretch Action – Bend forward at the hips to 90 degrees. Perform a subtle upper torso rotation to the right while keeping hip flexion at 90 degrees or more

Progression – Positioning feet slightly more rotated away from band attachment or performing a greater upper torso rotation or using a stronger band

Overhead Adduction Flexion - [Video](#)



Band Attachment Site – Single Band Double Loop attached onto Right wrist

Body Alignment – Kneeling on right knee with left foot forward when stretching right shoulder

Dynamic Stretch Action – Keeping tension on the band to create distraction, rotate upper torso to the right while allowing band to take right arm into overhead lateral flexion-adduction

Progression – Increasing upper torso rotation right, gliding upper body more to the left, using a more aggressive band