

# Sleeper Stretch



## Instructions

- Begin by laying on your side with your arm extended at a 90 degree angle to your body and your elbow flexed.
- Using your opposite hand, gently rotate your forearm towards the ground.
- Hold the stretch once discomfort is felt (avoiding pain).
- Remember: the ground is securing your shoulder blade in place. Be mindful not to allow your shoulder to “shrug” while performing the stretch.

Duration/Sets:

Repetitions:

Frequency: