

## **Cross Body Shoulder Stretch**

\*There are many options for this stretch. Please consult your Physical Therapist to see what best option for your child is along with duration and frequency of the stretch.

### **Assisted Cross Body Shoulder Stretch Seated**

Have the child seated upright in chair. Shoulders can be resting on seat back. Bring child's arm up in front of them near shoulder height (Image 1). Assist child's arm across their body until tightness or resistance is felt (Image 2). A stretch should be felt in the back of the shoulder.

Image 1



Image 2



### **Cross Body Shoulder Stretch Standing**

Have the child bring one arm across their body (Image 3). Then use the opposite arm to bring the arm further across the body (Image 4). A stretch should be felt in the back of the shoulder. This stretch can also be performed in a seated position if child is unable to stand.

Image 3



Image 4

