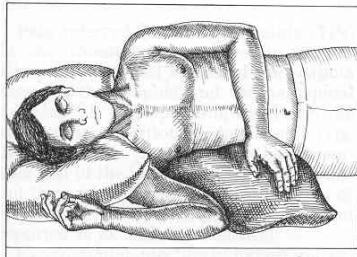
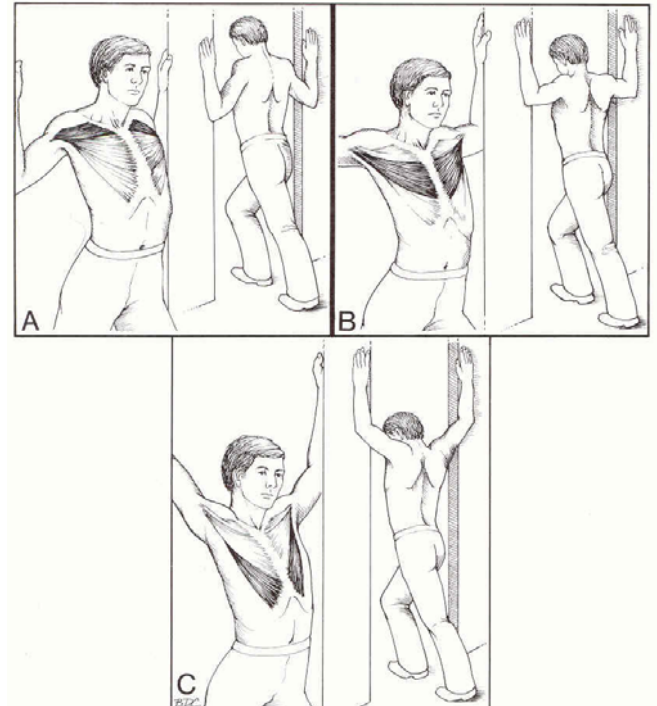


## Sleeping Postures for the Shoulder Region

With injury to musculature involving the upper extremity, it is important to recognize the habitual sustained postures that may be exhibited as a response by your body to protect from further injury and pain. These postures are often sustained without effort and occur frequently while sleeping. For example, an injury to the biceps muscle will often result in contraction of the anterior deltoid and upper trapezius muscles to flex and elevate the shoulder, thereby reducing strain to the biceps muscle and shoulder joint. For this reason, it is common to develop pain and dysfunction in associated muscles and joints following the initial injury.

To counter-balance any further musculoskeletal problems there a few basic steps to follow:

1. **Avoid prolonged postures by utilizing corrective sleeping actions that will allow you to maintain proper posturing of affected musculature.**
2. **Maintain complete range-of-motion of affected muscles and joints by gently stretching both the affected and associated musculature.**

Muscle	Corrective Sleeping Posture	Stretching Exercise
<p><u>Chest Muscles:</u> Pectoralis Major &amp; Pectoralis Minor</p>		

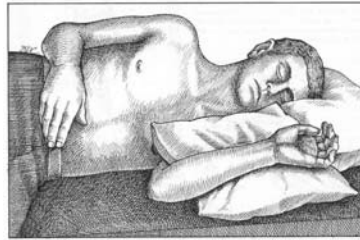
\*Lean forward and stretch using 3 different arm angles.

**Muscle**

**Corrective Sleeping Posture**

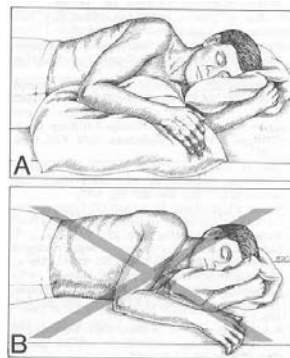
**Stretching Exercise**

Arm:  
Biceps



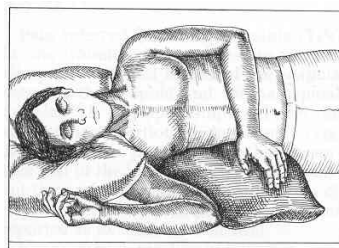
\*Rotate torso away from straight arm.

Rotator Cuff:  
Infraspinatus &  
Teres Minor



\*Pull upper end of pole forward so lower arm is rotated in.

Subscapularis



\*Pull lower end of pole forward so upper arm is rotated out.

- Hold each Stretch for 30 seconds followed by an equivalent rest period.
- Repeat 2 times; Perform Single-Arm Stretches on both arms.