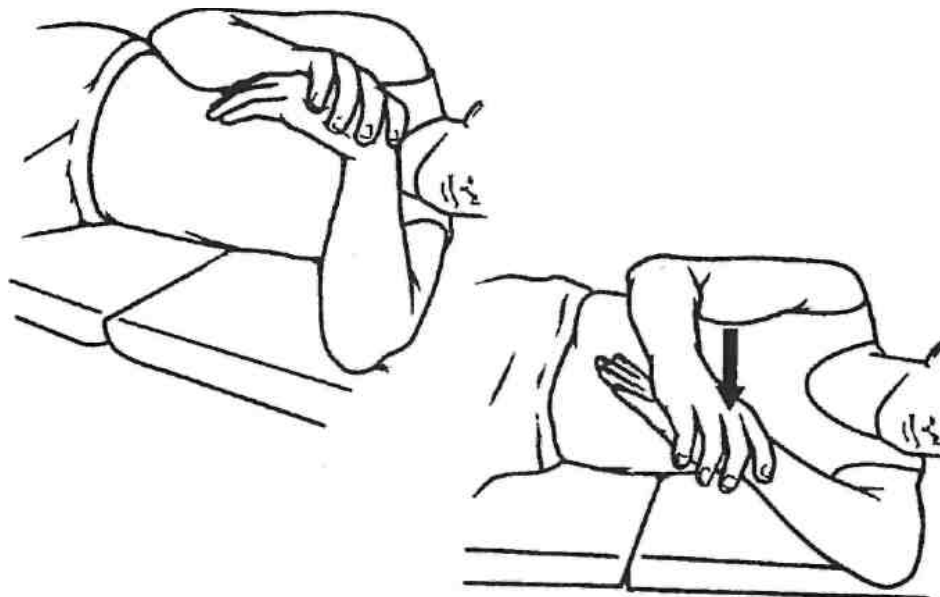




HARVARD MEDICAL SCHOOL AND  
BRIGHAM AND WOMEN'S HOSPITAL

## Sleeper Stretch



- Lie on involved side on a flat surface
- Bring involved arm across in front of body
- Push down on R / L hand, towards bed/table
- Hold for 15 seconds, 5 reps, 3-5 times per day