

# Cross Body Stretching for Internal Rotation Deficit

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Posterior shoulder tightness and internal rotation deficit at the glenohumeral joint occur often in athletes who participate in throwing sports, racquet and crosse sports, or swimming (1–3). This tightness and decreased internal rotation motion may contribute to shoulder impingement pain



**Figure:** CBS: pull arm across the chest while creating tension in the muscles of the shoulder. Hold stretch for 10 to 15 s and repeat three times. Switch arms and repeat.

through elevation of subacromial contact pressure at the greatest external rotation (4). This deficit can be corrected through passive and active stretching methods performed by a therapist or self-administered by the patient. Among the stretching techniques is the easy-to-perform cross body stretch (CBS). The newest systematically reviewed evidence indicates that the CBS immediately, and over the short-term, effectively reduces the rotation deficit and shoulder tightness compared to other common methods (2,5,6). The Figure demonstrates this stretching technique. The CBS is a fast-acting, low, or no-cost effective option to help treat glenohumeral internal rotation deficit.

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