Stretching the shoulder joint to maintain ROM and prevent pain, selected slides

Shoulder Subluxation: Anatomy, Intervention, and California Tri Pull Taping
OTAC Conference - Nov 8, 2026, Pasadena, CA, Kate Hayner & Ginny Gibson

Stretching the Scapulohumeral Joint

Shoulder flexion ROM

- Always pain free
- Support the arm
- Shoulder flexion while flexed at the hips (leaning forward) or table slides

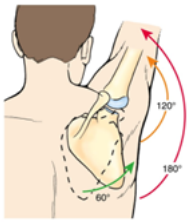


https://www.youtube.com/watch?v=pgsPQ1_5e0w

1

Stretching Muscles of Scapulohumeral and Scapulothoracic Joints

- Approximate scapula glide to thorax
- If scapula is not rotating upwards during shoulder flexion, tearing may occur
- Place your hand over the scapula to assist in the upward rotation of the scapula during shoulder flexion
- Never force movement
- Stop with pain



https://boneandspine.com/wp-content/uploads/2018/06/scapulohumeral-rhythm-1.png

2

Stretching the Glenohumeral Joint Additionally…

Slow rolling to bent knees

- Pt supine, knees flexed
- Slowly roll knees R & L
- Increasing as stiffness subsides

Why? Stretches the latissimus dorsi which is impacted by spasticity and stiffness and greatly influences the glenohumeral joint ROM and the scapula (Van Dyck, 1999).

3

Latissimus Dorsi Origin and Insertion



https://www.yoganatomy.com/latissimus-dorsi-muscle/

4







Slow rolling to bent knees

4

Stretching the Glenohumeral Joint

Why?

Reduces tone effect on latissimus dorsi and pectoralis major (powerful internal rotators) and stretches the anterior, posterior and inferior structures of the glenohumeral joint allowing pain-free ROM in all planes.

(Van Dyck, 1999)

5

Stretching the Genohumeral Joint

Slow upper body rolling

- Positioned side lying on hemiplegic side, hips and knees flexed (to isolate movement to UB)
- UE is positioned near trunk, lengthened position
- Scapula is in protraction
- Have pt slowly roll UB forward and backward
- As stiffness decreases, slowly move arm into greater degrees of flexion (Van Dyck, 1999)

6

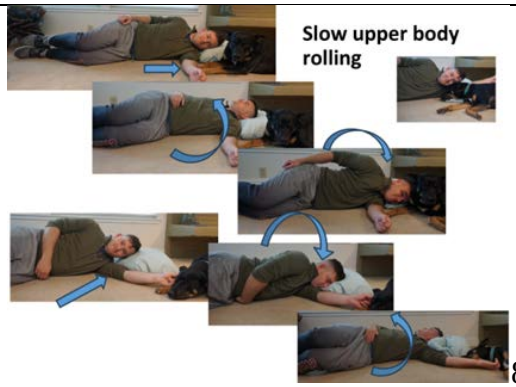
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(Van Dyck, 1999)

7



8

Stretching the Glenohumeral Joint

- Periods of positioning into (gentle) external rotation (low load prolonged duration)
- Ask client to attempt to intertwine hands behind head when watching TV. Allow the elbows to move back to toward the pillow for a gentle stretch



www.needpix.com/photo/773409/caucasian-
https://www.needpix.com/photo/773409/caucasian-female-girl-isolated-look-looking-mother-people-white

9

Links for the California Tri-Pull Taping Method

Hayner 2026

1. **Open access Tri-Pull Taping research article in AJOT:**

Hayner, K. (2012). Effectiveness of the California Tri-Pull Taping Method for Shoulder Subluxation Poststroke: A Single-Subject ABA Design. Journal of Occupational Therapy, 66, 727-736. doi: 10.5014/ajot.2012.004663

http://ajot.aota.org/article.aspx?articleid=1851632

2. **YouTube Video of Taping Method:**

https://www.youtube.com/watch?v=ivgBxzFwbUE

(or type in "California tri-pull taping" and pull it up)

3. **PDF of steps to the Tri-Pull Taping Method:**

https://drive.google.com/file/d/1mj8HVI6MzkxiH8VtXGHQvgLG85qJAEPX/view?usp=sharing

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