

M-Rows w/ Squeeze

Sets: 3 | Reps: 25 | Hold: 2 sec

Preparation:

- Lie on your stomach with arms out to the side at shoulder height

Execution:

- Slightly bring your shoulder blades together



Start position



Use the muscles between the tips of your shoulder blades

'W' Lower Fiber Traps

Sets: 3 | Reps: 15 | Hold: 2 sec

Preparation:

- Lie on your stomach on a bench.
- Arms at shoulder height, elbows bent to 90 degrees

Execution:

- Squeeze your shoulder blades gently together using the muscles in your mid back.
- Gently lift your elbows off the bed as shown
- Only lift 1-2 inches

Note:

- A common error is to squeeze the shoulder blades together too much using the muscle in you upper back.



Arms at shoulder height, elbows bent



Squeeze shoulder blades, lift elbows

ABDUCTION (T's) | Prone

Sets: 3 | Reps: 15 | Hold: 2 sec

Preparation:

- Lie on your stomach with arms at your side

Execution:

- Slightly bring your shoulder blades together



On stomach



Use the muscles between the tips of your shoulder blades

Shoulder External Rotation | 90 Abduction

Sets: 3 | Reps: 15 | Hold: 2 sec

Preparation:

- Lie face down on bench
- Shoulders at 90 degrees, fingers facing the ground

Execution:

- Lift your hands to be in line with your ears



Shoulders at 90 degrees



Lift hands to be inline with ears



Shoulder "Y's"

Sets: 3 | Reps: 15 | Hold: 2 sec

Preparation:

- Lie on a table, one arm hanging towards ground

Execution:

- Raise arm up and out to the side, until arm is horizontal
- Keep thumb pointing toward ceiling



Arm hangs



Raise arm, thumb up

Shoulder Flexion "I"

Sets: 3 | Reps: 15 | Hold: 2 sec

Preparation:

- Lie flat on a table
- Arm hangs down

Execution:

- Raise arm out front



Start position



Raise arm out front

Shoulder Posterior Capsule Stretch (Towel)

Reps: 5 | Hold: 6 sec

Preparation:

- Lay on your side, elbow up at shoulder height supported by a towel
- Rotate your body back slightly (will help you fixate your shoulder blade)

Execution:

- Reach your wrist with the top hand
- Gently press hand towards bed until you feel a stretch at the back of your shoulder



Towel supports elbow



Gently press hand closer to floor



Roll trunk back slightly



Stretch back of shoulder

Shoulder External Rotation Concentric | Full Range (Dumbbell)

Sets: 3 | Reps: 25 | Load: light-medium | Hold: 2 sec

Preparation:

- Lie on side, hand resting across stomach and holding a dumbbell

Execution:

- Slowly rotate hand toward ceiling, keeping elbow tucked against body
- If you do not have weights or resistant bands, use a can good for resistance
- Lower hand back down to stomach



Top elbow bent, hang by stomach



Rotate hand up toward ceiling



Keep elbow tucked against body

Shoulder Circles | Bilateral (Towel + Wall)

Sets: 3 | Reps: 50

Preparation:

- Stand with good posture, hands on towels at shoulder height

Execution:

- Make small circles with the towels
- Do both clockwise and counter-clockwise 50 reps each direction



Stand with good posture, hands on towels at shoulder height



Make small circles with the towels

Wall Slide

Sets: 1 | Reps: 25 | Hold: 2 sec

Preparation:

- Sit with back against the wall as shown

Execution:

- Slide arms down keeping forearms on the wall



Start Position



Slide arms down keeping forearms on the wall

Shoulder Scaption Concentric | Full Range (Band)

Sets: 3 | Reps: 15 | Load: light-medium

Preparation:

- Sit or stand with good posture
- Gently bring shoulder blades together
- Position arm halfway between your front and side

Execution:

- Raise arm up halfway between your front and side in a controlled manner
- Lower arm back down to starting position
- Use dumbbells, bands, or backpack for resistance



Start Position



Raise arm up and out to the side...



...and all the way overhead

Shoulder Slides (Band or towel Wall)

Sets: 3 | Reps: 15 | Load: light-medium

Preparation:

- Stand with both arms on the wall as shown
- Wrap a band around your wrists, or hold it in your hands

Execution:

- Slide forearms up the wall
- Return to the start position



Start Position



Slide forearms up the wall



Shoulder Flexion ABC's | End of Range (Wall+Ball)

Sets: 3 | Reps: full alphabet

Preparation:

- Stand facing a wall
- Raise your arm up overhead holding a ball in your hand

Execution:

- Trace the ABC's with the ball holding it against the wall



Trace the ABC's

Thoracic Rotation | Hand on Back

Sets: 3 | Reps: 10

Preparation:

- Start on all fours
- Position one hand behind back

Execution:

- Rotate through your upper back, looking over shoulder
- Return to the start with control



Start position



Rotate upper trunk upward

Thoracic Extension | Lumbar Locked

Sets: 3 | Reps: 12 | Hold: 2 sec

Preparation:

- Kneel on forearms - Butt to heels

Execution:

- Tuck chin
- Extend upper back
- **Do not crane neck**



Kneel on forearms



Extend upper back

Thoracic Rotation | Hand Behind Head

Sets: 3 | Reps: 10

Preparation:

- Start on all fours
- Position one hand behind head

Execution:

- Rotate through your upper back, looking over shoulder
- Return to the start with control



Start position



Rotate upper trunk upward

Thoracic Rotation | Rolling Pattern

Sets: 1 | Reps: 5 | Hold: 2 sec

Preparation:

- Lie on side
- Hold knees down with bottom arm
- Top arm reaches high

Execution:

- Twist through your upper back, reaching straight behind



Start position



Twist through your upper back, reaching straight behind



Shoulder Chest Stretch (Door Frame)

Sets: 5 | Hold: 6 sec

Preparation:

- Place arms at shoulder level on either side of a doorframe.

Execution:

- Step forward. You should feel a stretch across the front of your chest.

Important:

- Do not support your weight with your arms.



*Arms against doorframe -
Lean forward*

Pinch Grip (Clothes Pin)

Sets: 4 | Hold: 1 minute

Preparation:

- Grip a clothes pin between the pad of your thumb and pad of your index finger

Execution:

- Pinch the clothes pin



Grip the clothes pin



Pinch the clothes pin

Spherical Grip

Sets: 3 | Hold: 1 minute

Execution:

- Hold ball in fingers as shown



Spherical grip

Forearm Pronation + Supination (Hammer)

Sets: 3 | Reps: 20

Preparation:

- Hold a hammer in your hand so that it is straight up and down

Execution:

- Turn your hand so that your palm faces upwards
- Turn your hand so that your palm faces the ground
- Do each motion in a controlled manner

Progression:

- Use a golf club in place of a hammer



Start position



Rotate palm downward



Rotate palm upward

Carry | Bilateral (Book Bag)

Sets: 5 | Duration: 1 minute | Load: Medium/Heavy

Preparation:

- Hold sandbag close to your body as shown

Execution:

- Carry the sandbag forwards



Hold close



Walk forwards

Carry | Unilateral Shoulder (Book Bag)

Sets: 3 | Load: Medium/Heavy | Duration: 1 minute

Preparation:

- Place sandbag on one shoulder

Execution:

- Carry weight forwards



Sandbag supported on shoulder



Walk forwards

Shoulder Reciprocal Pattern (Band or Towel)

Sets: 3 | Reps: 12-15 | Load: light/medium | Hold: 3sec

Preparation:

- Hold band in your hands in front of you with your arms straight

Execution:

- Lift one arm up diagonally above your head
- At the same time bring the other arm diagonally down by your side
- Return under control



Hold band



Bring one arm up, one arm down



Return to start



Alternate sides

Wrist ABCs

Sets: 3

Preparation:

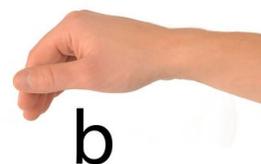
- Wrist relaxed, hand loose

Execution:

- Trace the alphabet with your wrist



Wrist relaxed, hand loose



Trace the alphabet with your wrist



Wrist Flexor Stretch

Sets: 3 | Hold: 6sec

Preparation:

- Palm-down

Execution:

- Gently use other hand to bend wrist toward the ground



Gently bend wrist

Wrist Extensor Stretch

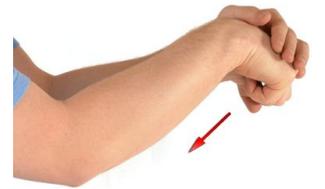
Sets: 3 | Hold: 6 sec

Preparation:

- Palm-up

Execution:

- Gently use other hand to bend wrist toward the ground



Gently bend wrist

Wrist Extension Stretch | Prayer

Sets: 5 | Hold: 5 sec

Preparation:

- Stand with good posture

Execution:

- Place palms together as shown and feel a stretch in the forearm



Palms together

Push Up Plus | Toes

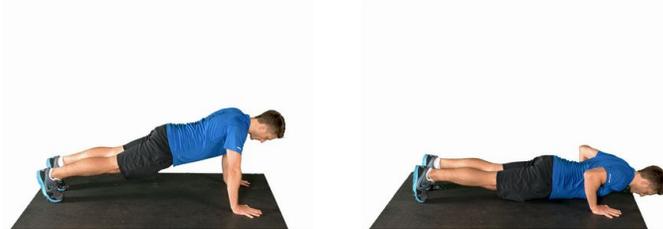
Sets: 3 | Reps: 10

Preparation:

- Start in push up position on toes

Execution:

- Lower body towards the ground
- Return to start position
- At the top of the push up, press shoulder blades to the floor



Start Position

Perform push up



Return to start

Press shoulder blades to the floor

Bear Walking

Sets: 5 | Duration: 1 minute

Preparation:

- Go onto all fours

Execution:

- Walk forward moving opposite arm and leg
- Keep a flat back and knees should be 2 inches of of the floor



Go onto all fours

Opposite arm and leg