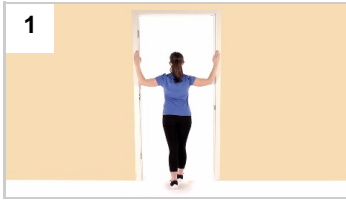


Doorway Pec Stretch at 90 Degrees Abduction

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position in the center of a doorway.

Movement

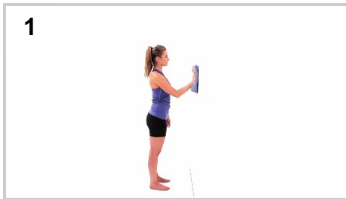
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Shoulder Flexion Wall Slide with Towel

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position holding a towel against a wall at shoulder height.

Movement

Slowly slide the towel straight up the wall, straightening your elbow. Then lower it back down, and repeat.

Tip

Make sure to keep your back straight during the exercise and only raise your arm as far as you can without causing pain.

Standing Shoulder Internal Rotation Stretch with Towel

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing position, holding both ends of a towel in each hand, with one arm behind your head and the other behind your mid to low back.

Movement

Slowly straighten your upper arm, gently pulling upward on the towel, and hold when you feel a stretch.

Tip

Make sure to keep your back straight during the exercise.

Supine Lower Trapezius Strengthening

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with both legs bent, feet resting on the ground, and hands at your sides.

Movement

Slide your hands toward your feet, then press them into the ground and hold. You should feel the muscles in your lower middle back activating. Repeat this.

Tip

Make sure to keep your low back flat against the floor and your neck relaxed during the exercise.

Prone Shoulder Row

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

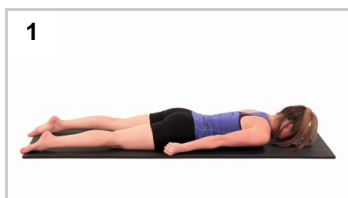
Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

Prone Shoulder Extension

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin lying face down with your arms resting at your sides and your hands in fists, palms facing inward.

Movement

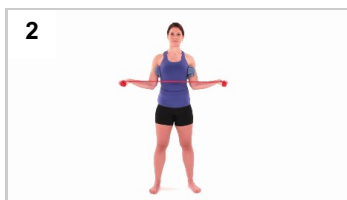
Raise your arms off the ground as far as you can, keeping your elbows straight, then lower them back down and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Make sure not to arch your back as you lift your arms.

Standing Shoulder External Rotation with Resistance

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm, and your thumbs pointing outward.

Movement

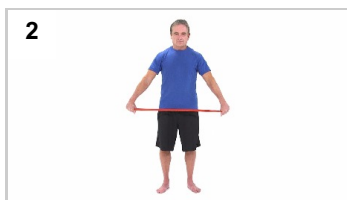
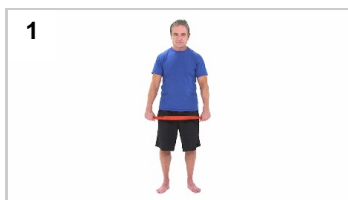
Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward throughout the exercise. Think of squeezing your shoulder blades down and back as you pull your arms outward.

Low Horizontal Abduction with Resistance

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position with your arms at your sides, holding the ends of a resistance band in each hand.

Movement

Press your hands out to your sides, pulling the band apart, then return to the starting position, and repeat.

Tip

Make sure to keep your arms straight and do not shrug your shoulders during the exercise.

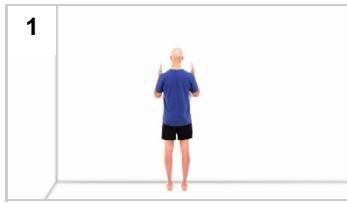
Low Trap Setting at Wall

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position facing a wall.

Movement

Rest both hands on the wall with your palms facing inward, then slide them up the wall in a diagonal direction. When your arms are straight, raise your hands a few inches from the wall, activating your shoulder muscles. Bring your arms back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.