

## Bicep Stretch at Table

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin standing upright at the corner of a table with the back of your hand against the edge.

### Movement

Take a step forward leaving your hand against the edge of the table. Hold this position. You should feel a stretch in your upper arm.

### Tip

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

## Supine Shoulder External Rotation with Dowel

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
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### Setup

Begin lying on your back holding a dowel in both hands with your affected arm bent at 90 degrees and elbow tucked by your side.

### Movement

Using your other arm and dowel to guide the movement, slowly rotate your forearm outward, keeping your elbow tucked. Bring it back to the starting position and repeat.

### Tip

Make sure to keep your elbow bent and resting on the floor throughout the movement. Try not arch your back as you move your arm.

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## Standing Shoulder and Trunk Flexion at Table

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 10</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



### Setup

Begin in a standing upright position with your hands resting on a table.

### Movement

Slowly walk backward and bend forward at your hips, keeping your hands on the table and arms straight. Stop when you feel a stretch in your shoulders, then return to the starting position and repeat.

### Tip

Make sure to only move in a pain-free range of motion during the exercise.

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## Supine Shoulder Flexion with Dowel

<b>REPS: 10-15</b>	<b>HOLD: 10 SECONDS</b>	<b>DAILY: 1-2</b>
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### Setup

Begin lying on your back with your knees bent and both hands holding a dowel rod.

### Movement

Keeping your elbows straight, lift your arms straight up overhead as far as is comfortably possible.

### Tip

Make sure to keep your shoulders in contact with the floor and do not let your back arch 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

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

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

### Movement

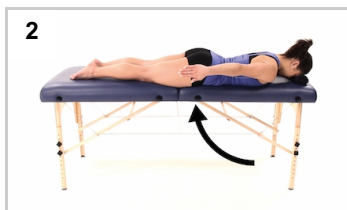
Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

### 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 - Single Arm

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 10</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



### Setup

Begin lying face down on a table or bed with one arm hanging off the edge.

### Movement

Keeping your elbow straight and leading with your pinky finger, raise your arm up and backward as far as is comfortable, then return to the starting position and repeat.

### Tip

Make sure not to arch your back during the exercise.

## Low Horizontal Abduction with Resistance

<b>REPS: 10</b>	<b>SETS: 1-2</b>	<b>HOLD: 10</b>	<b>DAILY: 1-2</b>
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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.

## Standing Shoulder External Rotation with Resistance

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



### 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.