



Notes :

1 Shoulder flexion to abduction

Sets: 2 Reps: 10

Stand with your chin tucked in and a weight in both hands. Lift your arms forward to 90 degrees thumbs facing up. Open your arms to the side, turn your hands (palm facing down) and slowly lower to the initial position. Repeat.



2 Wall slide

Sets: 2 Reps: 10

Stand or sit on the floor with back and buttocks against the wall. Place your head (chin in), your shoulders, elbows and wrists against the wall with shoulders and elbows at 90 degrees. Keeping the entire body in contact with the wall, slowly slide your arms upward along the wall. Breath normally during movement and slowly return to the initial position.



3 Latissimus dorsi stretch

Sets: 2 Reps: 10

Stand with your back against a wall, your chin tucked in, your feet slightly away from the wall, your arms forward at shoulder level and your elbows bent. Raise your arms overhead, touching the wall with your fingers while straightening your elbows, keeping them pointing forward until you feel a gentle stretch. Maintain the position and slowly lower your arms. Your head, shoulders and back must stay in contact with the wall at all times.



4 Latissimus dorsi stretch

Sets: 2 Reps: 10

Stand facing a wall, your arms forward at shoulder level, your elbows bent and your little fingers against the wall. Slide your arms overhead, keeping your little fingers in contact with the wall and your elbows forward until you feel a gentle stretch. Maintain the position and slowly lower your arms. To increase the difficulty, lift your arms off the wall once they are raised by pulling your shoulder blades together and slightly downward.



5 Proprioception alphabet

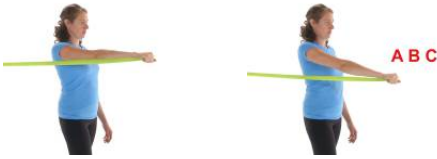
Sets: 2 Reps: 10

Stand with your arm extended in front of you, holding a ball against a wall. Pull the tip of your shoulder backwards and slowly draw out the letters of the alphabet with the arm, keeping the shoulder blade stable and chin tucked-in. Relax and repeat.





6 Proprioception Alphabet



Sets: 2 Reps: 10

Standing and tie elastic behind you at shoulder level.
Hold the elastic with arm extended in front of you and keep your chin tucked-in.
With the shoulder back and stabilized, slowly draw out the letters of the alphabet with the arm.
Make sure you keep your shoulder, scapula and neck still at all times.

7 Proprioception alphabet



Sets: 2 Reps: 10

Stand with your chin tucked-in and your arm extended in front of you, holding a weight in your hand.
Pull the tip of your shoulder backwards and slowly draw out the letters of the alphabet with the arm.
Make sure you keep your head, shoulder and scapula stable at all times.
Relax and repeat.

8 Scapular retraction



Sets: 2 Reps: 10

Lie face down on a table with your arm hanging off the sides, thumbs up and shoulders back and down.
Raise your arms up to shoulder level (with hands aligned with the shoulders) while keeping your elbows straight.
Lower your arms and repeat.
Keep your thumbs pointing up at all times.

9 Stabilization horiz. abd.



Sets: 2 Reps: 10

Sit on a ball with your back in a neutral position (slightly arched), your chin tucked in and your shoulders down and back.
Tie an elastic in front of you at shoulder level once sitting.
Place your hand and arm in line at shoulder level with palm facing down.
Keep your head and back steady while you pull the elastic backwards, bending the elbows and squeezing the shoulder blades together.
Return to the starting position and repeat.

10 Stabilization circumduction



Sets: 2 Reps: 10

In a four point position with your chin tucked in, your hands directly under the shoulders and the knees under the hips, slowly slide your hand forward, backward, side to side and make large circles, keeping your chin in, your shoulders back and pelvis stable.



11 Stabilization scapula



Sets: 2 Reps: 10

Stand with your chin tucked in, shoulders down and back and arms resting by your side with your thumbs pointing forward. Keep your shoulder blades steady (against the rib cage) while you raise your arms forward to 90 degrees, keeping your elbows straight. At 90 degrees, turn your palms up facing the ceiling and open the arms to the side, in line with the shoulders. Turn your palms down facing the floor and lower your arms to the side. Relax and repeat the sequence, keeping your shoulder blades steady at all times.

12 Scapula retraction



Sets: 2 Reps: 10

Lie on your stomach, face down with your hands on the back of your head. Lift your elbows off the surface while squeezing your shoulder blades together. Let your elbows down and repeat.

13 Scapula retraction



Sets: 2 Reps: 10

Lie on your stomach, face down with your arms overhead, elbows bent and thumbs pointing upward. Lift your elbows and hands off the surface while pulling your shoulder blades together and downward. Let your elbows down and repeat.

14 Scapula retraction



Sets: 2 Reps: 10

Lie on your stomach, face down with your arms overhead, elbows bent and thumbs pointing upward. Lift your elbows and hands off the floor while pulling your shoulder blades together. Let your elbows down and repeat.

15 Active shoulder protraction



Sets: 2 Reps: 10

Lie on your back with your knees bent and your back in neutral position (slightly arched). Engage your core by recruiting your pelvic floor and transverse abdominis. Maintain a steady abdominal breathing while you raise one arm to 90 degrees. Once your arm is vertical, raise your shoulder blade off the floor and reach up to the ceiling, keeping your back flat on the floor. Return slowly to the initial position and repeat with the other arm.



16 Scap. protraction/rétraction



Sets: 2 Reps: 10

Stand facing a wall and put your hands against the wall with your elbows straight. Move your trunk forward and then push into your hands to move your body backwards. Make sure you don't arch your back when you do this movement. Keep your stomach muscles tight.

17 Scapular protraction



Sets: 2 Reps: 10

Lie on your stomach in a push-up position with your chin tucked in. Straighten your elbows to push your body up off of the floor. Holding your elbows straight, round your shoulders forward to lift a little higher. Relax your shoulder blades, but maintain your elbows straight and repeat.

18 Row and external rotation



Sets: 2 Reps: 10

Tie an elastic in front of you at waist level. Hold tightly both ends of the elastic in separate hands. Your elbows are slightly flexed. Pull the elastic backwards as far as possible by joining your shoulder blades together, bending your elbows to 90 degrees and keeping your arms horizontal. Keep your shoulders back, chin tucked in and torso stable during the exercise. Slowly return to the initial position and repeat.

19 Horizontal abd., elastic



Sets: 2 Reps: 10

Tie an elastic in front of you at waist level. Hold tightly both ends of the elastic in separate hands. Your elbows are slightly flexed. Keeping your elbows locked, shoulders down, chin tucked in and torso stable, pull the elastic backwards as far as possible by joining your shoulder blades together and keeping your arms horizontal. Slowly return to the initial position and repeat.

20 Stabilization plank, ball



Sets: 2 Reps: 10

Get in a plank position with your hands on a ball and your arms straight. Your back must be straight, but not arched and your chin must be tucked in. Keep your shoulder blades stable, your abs tight and your body straight as you make circles with the ball on the floor. Relax and repeat.



21 Front bridge walkout



Sets: 2 Reps: 10

Put your thigh on the ball and roll onto the ball into a plank position. Your back must be straight, but not arched and your chin must be tucked in.

Engage your core by recruiting your pelvic floor and transverse abdominis.

Walk out on your hands as far as you are able without falling off.

Walk back to starting position, then repeat the motion.

22 Assisted shoulder flexion



Sets: 2 Reps: 10

Lie on your back with knees bent and hold the stick firmly with both hands.

Keep your shoulder blades together while you slowly bring the stick over the head as far as possible helping yourself with the good arm.

Maintain the position and relax.

23 Shoulder flexion against wall



Sets: 2 Reps: 10

Stand with your back flat against a wall and your chin tucked in.

Pull your shoulders backward and keep them in contact with the wall while you raise your arms forward as high as you can without bending the elbows.

Your head, shoulders and back should always be touching the wall.

Return slowly to the initial position and repeat.