



Notes :

1 Pectoral stretch



Sets: 3 Hold: 30

Stand up next to a wall corner.
Place your forearm along the wall.
Lean your body forward until you feel a stretch across your chest.
To emphasize the upper chest, place the arm lower than horizontal, to stretch more the middle portion, place the arm perpendicular and to stretch the lower portion, place the arm higher than parallel.

2 Levator scapulae stretch



Sets: 3 Hold: 30

Place one hand behind your buttock to lower your shoulder.
Turn your head to the opposite side and look down.
Gently pull down on your head with the other hand and maintain the position when you feel a stretching sensation. Repeat.

3 Stretching levator scapula



Sets: 3 Hold: 30

Sit tall on a straight chair.
Grab the bottom of the seat with your hand on the injured side to lower the shoulder by pulling down.
Tilt and turn your head to the opposite side.
Nod head forward until a stretch is felt along side and back of neck.
Apply extra pressure (gently) with your hand to increase the stretch if needed.
Hold the stretch and relax.

4 Brugger exercise



Sets: 2 Reps: 10 Hold: 5

Stand up with your arms relaxed on your side.
Rotate your arms so your thumbs are pointing backward to open the chest.
Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.

5 Thoracic extension mobility



Sets: 2 Reps: 10 Hold: 3

Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades.
With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back.
Maintain your abs tight and proper low back posture during the exercise.



6 Thoracic ext. mobility



Sets: 2 Reps: 10 Hold: 5

Place your foam roller on the floor and take a kneeling four point position with your wrists on the foam roll in front of you.
Roll the foam roll forward by stretching your spine and lowering your chest towards the floor.

7 Thoracic extension mobility



Sets: 2 Reps: 10 Hold: 3

Lie on your back with a pillow under your head.
Tuck your chin inward and get yourself tall by pretending that a rope is pulling you up from the back of your head.
Push your elbows on the floor to lift your trunk off the floor as high as you can, keeping your chin tucked in at all times.
Lower your trunk and repeat.

8 Active external rotation



Sets: 2 Weight: 10 Hold: 3

Lie on your back, tuck your arm in by your side and bend your elbow to 90 degrees.
Bring your wrist and forearm out to the side toward the ground as much as possible while keeping your elbow in contact with your side.

9 Shoulder external rotation



Sets: 2 Reps: 10 Hold: 3

Lie on your side with both knees bent.
Pull the tip of your shoulder back and with your elbow tucked in by your side and your forearm against your belly, bring your hand away from your body as high as you can.
Slowly lower your hand and repeat.
Keep your elbow in contact with your body at all times.
To progress, repeat with a weight.

10 Active external rotation 90-90



Sets: 2 Reps: 10 Hold: 3

Lie on your back with your arm 90° from your trunk and elbow bent 90°.
Bring your wrist and forearm toward the floor behind you as much as possible while keeping your elbow still.



11 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.

12 Back extension+scap. depressio



Sets: 2 Reps: 10 Hold: 3

Lie face down on a mat with your arms bent and your thumbs pointing to the ceiling. Slide your arms straight and lift them up by pulling your shoulder blades together. Hold as prescribed. Return to starting position.

13 Shoulder scaption



Sets: 2 Reps: 10 Hold: 3

Lie face down near the edge of a bed and let your arm hang by the side. Lift your arm over your head. Hold as prescribed. Return to the starting position.

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 surface while pulling your shoulder blades together. Let your elbows down and repeat.

15 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.



16 Multifidus activation



Sets: 2 Reps: 10

Lie on your stomach at the edge of a firm bed or a table and let your arm hang over the edge. Lift your arm up towards your head without bending it. Return to the resting position and repeat with the other arm once you've changed sides of the bed or table.

17 Shoulder scaption



Sets: 2 Reps: 10 Hold: 3

Lie face down on a mat with your elbows bent and placed near your body. Place your forearms so that your 5th digit is in contact with the floor. Slide your arms overhead keeping your arms close to your head. Return to the starting position.

18 Resisted shoulder scaption



Sets: 2 Reps: 10

Stand with weights in your hands, arms at sides, elbows straight and thumbs up. With shoulders down and back, raise your arms diagonally between your side and front overhead. Return to the starting position.

19 Shoulders backward rotation with retraction



Sets: 2 Reps: 10 Hold: 3

Roll up the shoulders backward and then squeeze both shoulder blades together.

20 Elastic retraction



Sets: 2 Reps: 10

Hold the tubing handles in each hand, your forearm parallel to the ground. With the elbows slightly in front of your trunk and palms facing each other, squeeze the shoulder blades together against the pull of the band. Return and repeat. Do not poke the chin or arch your lower back while you do the exercise.



21 Humeral head retraction



Sets: 2 Reps: 10

Tie an elastic in front of you at shoulder level and wrap it around your shoulder. Step backward until the elastic pulls your shoulder forward. Without moving your shoulder blade together, pull the tip of your shoulder backward. Relax and repeat.

22 High rowing and retraction



Sets: 2 Reps: 10

Stand facing the wall with your chin tucked-in and grab an elastic with one end in each hand. The tubing should be anchored at eye's level. With the arms out in front, palms facing down, pull back on the elastic while keeping the elbows at shoulder height and your chin tucked-in. Squeeze the shoulder blades together at the end of the movement without bringing your elbows behind your back. Return and repeat.

23 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.

24 Weighted horizontal abduction



Sets: 2 Reps: 10

Lie on your stomach while holding a weight in your hand. Let your arm hang off the edge of the bed, with the palm facing back and the shoulders down and back. Lift your right arm up to shoulder level while keeping your shoulder blades squeezed and your thumb down. Slowly return to the starting position and repeat.

25 Strengthening horiz. abd.

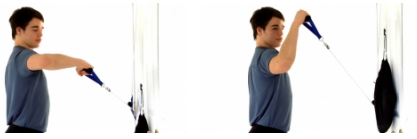


Sets: 2 Reps: 10

Lie on your unaffected side with a weight in your hand. Place your arm straight in front of you (perpendicular to the body) and support it with your unaffected arm. Slowly move the weight upwards until it is in line with the body. Return to initial position and repeat.



26 Shoulder external rotation



Sets: 2 Reps: 10

Pulley Position: The Pulley leveled with the abducted elbow at 70-90 degrees
Starting Position: Arm Abducted in the scapular plain, the forearm level with the floor
Ending position: Arm is rotated and abducted
Movement: Externally rotate your arm, keeping your elbow at 90 degrees.
This exercise could be done in sitting, kneeling and standing

27 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.

28 Shoulder abd./ext. rot.



Sets: 2 Reps: 10

Lie on your side with a weight in your hand, elbow against side and bent to 90 degrees.
Pull the tip of your shoulder backwards and slowly rotate the arm upwards until the weight is in line with the body.
Lift your arm up by straightening your elbow.
Lower your hand slowly and repeat.

29 Strengthening ABD/RE



Sets: 2 Reps: 10 Hold: 3

Stand with your chin tucked-in and hold a weight in your hand.
Pull the tip of your shoulder backwards and raise the arm up on the side beginning with the thumb towards the inside and finishing with the thumb backwards (external rotation), keeping your elbow straight and your head still.
Slowly return to initial position and repeat.

30 External rotation at 0° abd



Sets: 2 Reps: 10

Anchor a resistance band at elbow height at your side and place a rolled towel between your arm and body.
Keeping your elbow on the towel roll, rotate your arm out against the resistance of the band.
Make sure your elbow does not come away from your body.
Return and repeat.
Keep the elbow bent 90°.

**31 Shoulder external rot.****Sets: 2 Reps: 10**

Stand and tie an elastic in front of you at knee level. Hold the end of the elastic, bend your elbow to 90 degrees and lift your arm out to the side to 45 degrees. Pull the tip of your shoulder backwards while you rotate your forearm upward, keeping your elbow bent. Slowly return to the initial position and repeat.

32 Side lying external rotation**Sets: 2 Reps: 10**

Lie on your side with a weight in your top hand, elbow bent to 90 degrees. Place a rolled towel between your arm and your side. Rest your head on your free arm. Externally rotate the arm to lift the weight up. Keep your body still; do not turn the trunk to assist the movement.

33 External rotation with band**Sets: 2 Reps: 10**

Stand and hold the ends of an elastic in your hands, tuck your elbows in by your sides and bend your elbows 90°. Have no slack in the theraband. Rotate the shoulders by moving your hands away from each other, keeping your elbows tucked in by your sides. Return and repeat. Pull symmetrically. You can use a mirror to monitor the movement.

34 External rotation, 90° abduction**Sets: 2 Reps: 10**

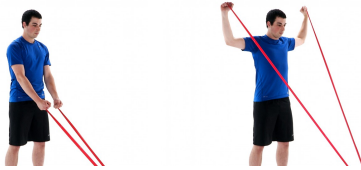
Stand and tie an elastic in front of you at shoulder level. Hold the end of the elastic, bend your elbow to 90 degrees, and lift your arm out to the side to 90 degrees. Pull the tip of your shoulder backwards while you rotate your forearm upwards, keeping your elbow bent. Slowly return to the initial position and repeat.

35 External rotation, weight**Sets: 2 Reps: 10**

Place your elbow in a 90 degree elevation on a table beside you and hold a weight in your hand. Pull the tip of your shoulder backward and lift your hand from the table without lifting the elbow. Lower your hand slowly and repeat.



36 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.

37 Shoulder horizontal abd., ball



Sets: 2 Reps: 10

Take a four point position with your stomach over a ball. Your back must be straight, but not arched and your chin must be tucked in. Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while you lift your elbows toward the ceiling by pulling your shoulder blades together, keeping your back in a neutral position. Lower your arms and repeat.

38 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.

39 Depression+retraction, elastic



Sets: 2 Reps: 10

Stand and tie an elastic very high in front of you. Firmly hold the ends of the elastic in each hand and slightly raise your arms forward. Lower and squeeze your shoulder blades together without moving the arms. Return and repeat.

40 Scapula retraction+lowering



Sets: 2 Reps: 10

Take a four point position with your stomach over a ball. Your back must be straight, but not arched and your chin must be tucked in. Activate your lower abdominals by slightly pulling your belly button inward and by activating your pelvic floor muscles. Maintain a steady abdominal breathing while you lift both arms overhead by pulling your shoulder blades together and downward, keeping your back in a neutral position. Lower your arms and repeat.



41 Lower trapezius on wall



Sets: 2 Reps: 10

Stand facing a wall with both hands placed on the wall (little finger side).
Slowly lift your hands along the wall up and to the outside creating a 45 degree angle while pulling your shoulder blades together and downward.
Return to the initial position and repeat.