

## SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 12 Times

Complete 3 Sets

Hold 5 Seconds

Perform 3 Times a Day



## BALL ON WALL ABC'S

While standing and holding a ball on a wall, lean into the ball and roll the ball to spell out the alphabet Video # VVPD8YC3G

Repeat 1 Time

Complete 1 Set

Hold 1 Second

Perform 3 Times a Day



## ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side. Video # VVPZZBUNZ

Repeat 15 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day





### ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time. Video # VVFXGN8KJ

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day



### ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time. Video # VVLPTLVFQ

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day



### ELASTIC BAND SHOULDER EXTENSION

While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side. Video # VVWRHUPX8

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day



### ELASTIC BAND SHOULDER FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight. Video # VV59PW4K2

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day



### ELASTIC BAND SHOULDER ABDUCTION

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight. Video # VVY79DN6E

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day



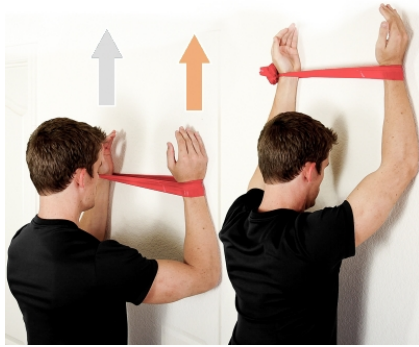
### ELASTIC BAND SHOULDER DIAGONAL EXT - ABD

While holding an elastic band across the upper half of your body, pull the band downward and across towards your other side. Your hand should start in the thumb-up position and end in the thumb-down position. Video # VV73W93JX

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 2 Times a Day

### SERRATUS WALL SLIDE - ELASTIC BAND



Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling.

Then, protract your shoulder blades forward and then slide your arms up the wall as shown.

Return to the original position and repeat. Video # VVNDVBWR9

Repeat 8 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### EXERCISE BALL - PRONE EXTENSION

Lie face down over an exercise ball with your elbows straight and along the side of your body as shown. Next, slowly raise your arms upward along your side and then return to original position. Video # VVA93J4TV



Repeat 8 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### EXERCISE BALL - PRONE Y - THUMBS UP

Lie face down over an exercise ball with your elbows straight and arms out in front of your body as shown. The shoulder should be approximately 120 degrees abducted.

Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time. Video # VV6L4SVLL



Repeat 8 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### EXERCISE BALL - PRONE T - THUMBS UP

Lie face down over an exercise ball with your elbows straight. Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time. Video # VVEKGW99U

Repeat 8 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### EXERCISE BALL - PRONE W - ER

Lie face down over an exercise ball with your elbows bent. Slowly raise your arms upward as you retract your shoulder blades and then return to original position. Your palms should be directed downward the entire time. Video # VVEFJKHTC

Repeat 8 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### Trigger Point Release with Movement

Place ball into sore spot at back of shoulder. Movement should only occur to find the tender location. THEN, keep pressure on tender spot while moving arm into different positions to enhance the stretch.

Repeat 5 Times  
Complete 1 Set

Hold 1 Minute  
Perform 2 Times a Day





### Trigger Point Release with Movement

Place ball in sore spot in front of the shoulder. Movement should only occur to find the tender location. THEN, keep pressure on tender spot while moving arm into different positions to enhance the stretch.

Repeat 5 Times  
Complete 1 Set

Hold 1 Minute  
Perform 2 Times a Day



### Internal Rotation Towel Shoulder Stretch

Put towel over unaffected shoulder. Grab towel behind back with affected arm. Pull towel up and forward on unaffected side to achieve a stretch in the affected shoulder.

Repeat 3 Times

Hold 30 Seconds  
Perform 2 Times



### External Rotation Towel Shoulder Stretch

Put towel over affected shoulder. Grab towel behind back with unaffected arm. Pull towel down behind back with unaffected arm to achieve a stretch moving overhead with the affected shoulder.

Repeat 3 Times

Hold 30 Seconds

Perform 2 Times



### Doorway Stretch (Low, Mid, High)

Doorway stretch

Standing in the doorway arms are placed on the door frame stand tall look forward and lean forward placing one front in front of the other until you feel a stretch in the front of the shoulders

Arm placements:

Below shoulder  
At shoulder height  
Above shoulder

Repeat 1 Time

Hold 30 Seconds

Complete 3 Sets

Perform 2 Times a Day