



**Wall planks (scapular stabilization and anti-rotation of core)**

**Repeat** 20 Times  
**Complete** 3 Sets

Stand a few feet from the wall and place your forearms on the wall and squeeze your shoulder blades together, then protract shoulder blade (separate shoulder blades).

Keeping your stomach tight and without arching your back, remove one arm from wall, then switch. \*The shoulder blade of the arm on the wall should remain protracted.



**Wall ER Band Walks**

**Repeat** 15 Times  
**Complete** 3 Sets

Holding tension on the band by performing an external rotation with the hands. Walk your hands up the wall. Once your elbows are level with your head walk your hands back down and repeat.



**Bilateral External Rotation w/ Scap. Squeeze/No Money/W's**

**Repeat** 10 Times  
**Hold** 2 Seconds  
**Complete** 3 Sets

With elbows at your side and forearms parallel to the ground, grab a band with palms facing up. Keeping elbows against the torso, separate hands and externally rotate arms away from each other. Pause for 2-3 seconds and return to starting position. Use a rag or sock to keep the elbows against the torso by pinning them with the elbows.



### **Bear Crawl**

Starting in a hands and knees position, lift your knees up slightly off the ground so you are in a bear crawl or crawling position

While maintaining good core control and shoulder stability crawl forward and then crawl backwards.

Repeat the exercise going side to side.

**Repeat Complete**

10 Times  
2 Sets



### **PLANK - UE STEP UPS**

Begin in full plank position (weight supported on hands and toes) with your body in a straight line and one hand on each side of the box. From this position, shift your weight onto one arm and raise the opposite arm up onto the box. Shifting your weight onto the arm that is now on the box, raise the arm from the floor up onto the box. Return to the starting position by first moving one hand off the box onto the floor followed by the other hand.

NOTE: Maintain the straight body position throughout this process and avoid bending at the hips as this decreases the difficulty of the exercise.

**Repeat Complete**

10 Times  
3 Sets



### **Standing Serratus Anterior Wall Slide - Foam Roller - 2 Arm**

Setup: - Stand with foam roller on in contact with the pinky side of your hand or wrist as shown in picture 1 - Push yourself away from the wall by pushing your forearms/wrists into the foam roller

Movement: - Continue to push your forearms into the foam roller while you slowly raise your hands upward - Do not let your elbows flare outward or hands fall inward (your forearms should stay parallel to each other) - Go as high as you can without any pain increase and without losing your form, then slowly lower back down

- Repeat for the prescribed repetitions - Rest 60 seconds between sets

\*\*\*Make sure you don't allow your lower back to arch backward by keeping your abs and glutes tight (do not let your ribs flare out)

\*\*\*Your shoulder blades should be moving up and around your rib cage with each rep

**Repeat Complete**

10 Times  
2 Sets



### Shoulder 90/90

Shoulder 90/90

Lay on back with both knees bent. Tighten abdominals and flatten back to make contact with the floor along the length of your spine. Position arms to shoulder height and rotate back towards the floor. Maintain abdominals and flat spine throughout exercise.

**Repeat** 10 Times  
**Hold** 5 Seconds  
**Complete** 3 Sets



### ELBOW PLANK TO SIDE ELBOW PLANK

Begin in a full elbow plank position (weight on both elbows and both sets of toes). From this position, push up so that your body is in a straight line as viewed from the side. Shift your weight onto one elbow and rotate your chest away from the floor so that you are now facing sideways in a side elbow plank position (weight on one elbow and outside of one foot with your elbow directly below your shoulder). Raise your free arm straight up in the air above your body. Return to the starting position by reversing these steps.

**Hold** 30 Seconds  
**Complete** 3 Sets



NOTE: Maintain a straight body position throughout the movement and do not allow your hips to sag at any point.



### EXERCISE BALL - PLANK WITH ER BAND

Place an elastic band around your wrists and pull the band apart a little. Maintain this tension.

Next, while kneeling on the floor with an exercise ball in front of you, place your elbows and forearms on the ball and lift your body up. Do not allow your hips or pelvis on either side to drop. Maintain the tension on the band as you perform.

**Hold** 30 Seconds  
**Complete** 3 Sets

Video # VVZ9H3JPJ



**Sabers (PNF D2 flexion)**

**Repeat** 10 Times  
**Complete** 3 Sets

Holding a single dumbbell while standing, start with your arm internally rotated across your body (thumb pointing backwards), raise your arm diagonally as you rotate (externally) throughout the motion ending with your arm high overhead with your thumb pointing backwards. It can help to perform with a mirror and visualize a straight diagonal line from your start to end points; as it's easy to compensate by more of a "J" shape movement to reach the end point.

\*If when reaching the top-most part of the motion you feel any sense of instability- as if the weight is going to cause your arm to fall backwards uncontrollably, lighten the weight or stop prior to getting to that point

\*If it helps to remember, these are called "sabers" because it's like a pirate/soldier pulling a sword out of the sheath and raising it as they're about to charge into battle!



**DUMBBELL AND EXERCISE BALL -CHEST FLYS**

**Repeat** 15 Times  
**Complete** 3 Sets

Start in a seated position on an exercise ball while holding 2 dumbbells. Next, tighten your lower abdominals, squeeze your buttocks and then slowly walk your feet forward so that your buttocks off the floor/bed as creating a "Bridge" with your body. Maintain your buttocks up and in a straight line with your spine.

Hold the dumbbells over your chest with elbows fully extended and high over your chest.

Next, slowly lower the weights out to the side and towards the floor. Bend your elbows a little as you lower the weights. Do not lower as far as you can. Stop approximately at the level of your trunk so that your elbows to not lower below your back.

Return arms to starting position and repeat.

Video # VVJ5LCWLL



**INVERTED BOSU - PUSH UPS - UNSTABLE**

**Repeat** 10 Times  
**Complete** 3 Sets

Perform push-ups as shown while holding an inverted Bosu Ball.

Try and maintain the Bosu platform as level as you can and keep your back straight the entire time.

Video # VVM5P8WZ8







### TRICEPS DIPS OFF CHAIR

Push yourself up to a straight elbow position as shown. Then lower your buttocks down towards the floor by bending your elbows.

Video # VV4DZSTZP

**Repeat**  
**Complete**

15 Times  
3 Sets

---



### Quadruped T

In a quadruped position on all fours lift 1 arm and shoulder making the shape of a T Keep chin slightly tucked and squeeze shoulder blades together

**Repeat**  
**Complete**

12 Times  
3 Sets

---

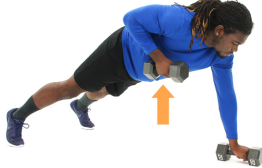


### Alternate Row

Push up position. Squeeze Should blade and perform a row

**Repeat**  
**Complete**

20 Times  
3 Sets



### PLANK ROW WITH DUMBBELLS

**Repeat** 20 Times  
**Complete** 3 Sets

Lie face-down holding a dumbbell in each hand and legs wide apart. Then, push up into a full plank position so your hands which are holding the dumbbells and your toes are holding up your body as shown.

Next, pull up one dumbbell as you bend your elbow and squeeze your shoulder blade towards the center of your spine. Then, set the dumbbell down on the floor and repeat on the other side.

Try and keep your spine and pelvis straight and stable the entire time.

Video # VVB6V8F3A



### Lunge with Overhead Kettlebell Hold

**Repeat** 20 Times  
**Complete** 3 Sets

Hold KB with either regular grip, or "bottoms up" as shown. Engage glutes and core, then press KB overhead without arching the back. Keeping the KB secure overhead with arm as straight as possible, being dropping into a forward lunge. Step out, and drop the hips straight down in order to form a 90/90 position at the knees/hip. Drive from the front hip to stand back up, without allowing the KB to move.



### Kettlebell SA punch

**Repeat** 10 Times  
**Complete** 3 Sets

Use light kettlebell weight as you have been using in your PT clinic. Start with weight held in upside down position and shoulder relaxed on the table. Be sure to keep opposite hand ready for safety purposes. Keep elbow STRAIGHT throughout exercise as you punch the weight towards the ceiling (Your shoulder should lift off the table as pictured in this exercise).



**EXTERNAL ROTATION WITH FLEXION -  
FREE WEIGHT ER 90 90**

**Repeat  
Complete**

10 Times  
3 Sets

Hold a small free weight as shown. While seated and elbow propped up to 90 degrees forward from your body, roll your shoulder so that your forearm points upward and then return back down as shown.

Video # VVDE28EZV



**Bent Over Row**

**Repeat  
Complete**

15 Times  
3 Sets

1) Hold dumbbell in one hand with the opposite knee and hand on a bench 2) Leading with the shoulder blade, pull the weight up until your elbow is in-line with your torso 3) Lower back towards ground. Repeat.

Remember: \*You should move with your shoulder blade and feel the muscles between your shoulder blades working \*Do NOT let your shoulder blade raise up towards your ears. Keep the shoulder blade "down and back."