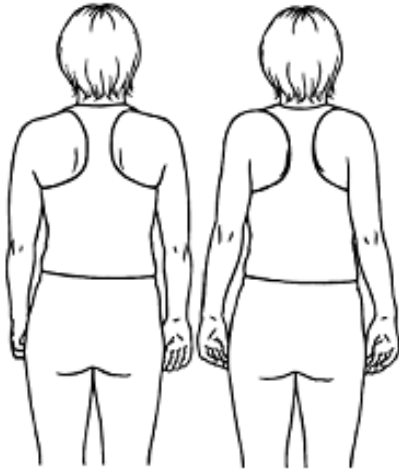


Shoulder Exercises

Scapular Retraction

Scapular Retraction (Standing)



With arms at sides, pinch shoulder blades together.

Hold for ___ seconds. Perform ___ set(s) of ___ repetitions, ___ times per day.

Pec Stretch

Scapula Adduction with Pectoralis Stretch: Mid-Range – Standing



Shoulders at 90°, keeping weight on feet, lean forward and squeeze shoulder blades together.

Hold for ___ seconds. Perform ___ set(s) of repetitions, ___ times per day.

Sleeper Stretch

Posterior Capsule Sleeper Stretch, Side-Lying

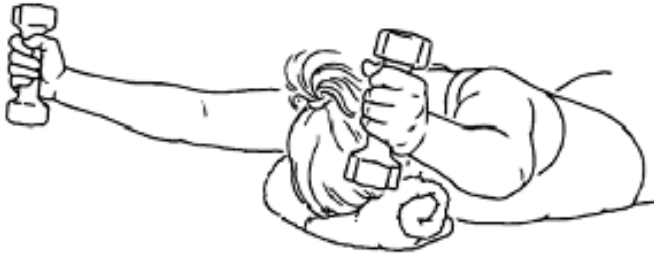


Lie on side, pillow under head, neck in neutral, underside arm in 90°-90° of shoulder and elbow flexion with scapula fixed to table. Use other hand to press back of underside arm forward and downward. Keep elbow angle.

Hold for ___ seconds. Perform ___ set(s) of ___ repetitions, ___ times per day.

Prone Ys, Ts, Ws, Arrows

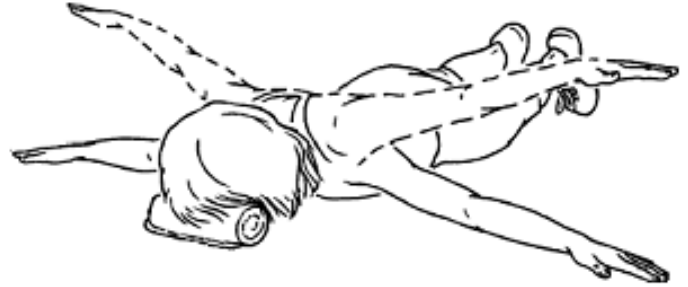
Ys - Scapular: Flexion (Prone)



Holding ___ pound weights, raise both arms forward. Keep elbows straight.

Hold for ___ seconds. Perform ___ set(s) of ___ repetitions, ___ times per day.

Scapular Retraction: Abduction / Extension (Prone)



Lie with arms out from sides 90°. Pinch shoulder blades together and raise arms a few inches from floor.

Hold for ___ seconds. Perform ___ set(s) of ___ repetitions, ___ times per day.

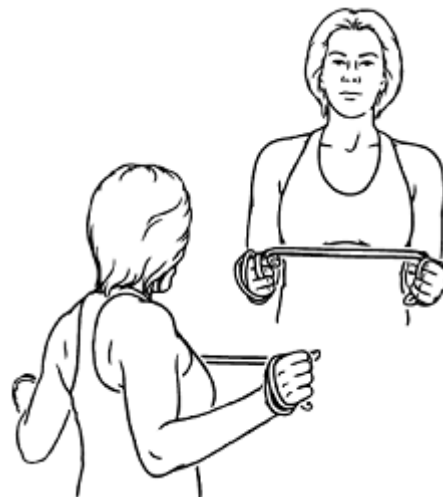
Scapular Retraction: Abduction (Prone)



Lie with upper arms straight out from sides, elbows bent to 90°. Pinch shoulder blades together and raise arms a few inches from floor.

Hold for ___ seconds. Perform ___ set(s) of ___ repetitions, ___ times per day.

Resisted External Rotation: in Neutral – Bilateral



Sit or stand, tubing in both hands, elbows at sides, bent to 90°, forearms forward. Pinch shoulder blades together and rotate forearms out. Keep elbows at sides.

Hold for ___ seconds. Perform ___ set(s) of ___ repetitions, ___ times per day.