**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.
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.