



SCAPULAR RETRACTIONS

Draw your shoulder blades together and downward. Hold for a pause, and release.

Repeat 10 Times
 Hold 5 Seconds
 Complete 3 Sets
 Perform 1 Time(s) a Day



RESISTED SCAPULAR RETRACTIONS

While holding an elastic band just below chest height with your elbows straight and in front of your body, pull your arms apart and towards the side by squeezing the shoulder blades together and downward.

Repeat 10 Times
 Hold 2 Seconds
 Complete 10 Sets
 Perform 1 Time(s) a Day



****AVOID SHOULDER SHRUGGING THROUGHOUT**



SCAPULAR W's

Start: Position yourself against the wall with your bottom, shoulders, head against the wall (with chin tuck). Position your arms in the field goal position (try to keep the back of your hands and elbows against the wall)

Movement: Keeping all of the above points of contact, squeeze your shoulder blades back and down and move your arms into a Y position then slowly back to the field goal position.

Repeat 10 Times
 Hold 0 Seconds
 Complete 10 Sets
 Perform 1 Time(s) a Day



SCAPULAR SNOW ANGELS

Start: Position yourself against the wall with your bottom, shoulders, and head against with wall (with chin tuck). Position your arms beside your body with palms facing away from the wall, thumbs up toward the ceiling.

Movement: Keeping all above points of contact, move arm from your side out to the sides, palms facing away from the wall, thumbs up toward the ceiling, to overhead. (Snow Angel Motion) Squeeze shoulder blades together while keeping backs of hands in contact with the wall. Keep as much of your back on the wall as you can.

Repeat 10 Times
Hold 0 Seconds
Complete 10 Sets
Perform 1 Time(s) a Day



SHOULDER FLEXION - Theraband

Place one end of the theraband under your foot and one in your hand. Keeping elbow straight, raise arm straight out in front.

****AVOID SHOULDER SHRUG THROUGHOUT**

Repeat 10 Times
Hold 0 Seconds
Complete 10 Sets
Perform 1 Time(s) a Day



SHOULDER ABDUCTION - Theraband

Place one end of theraband under foot and one in hand by the side of the body. Keeping elbow straight, raise the arm out to the side to just below shoulder height. Return to initial position.

****AVOID SHOULDER SHRUG THROUGHOUT**

Repeat 10 Times
Hold 0 Seconds
Complete 10 Sets
Perform 1 Time(s) a Day



BICEP CURLS- Theraband

In sitting or standing, position your arm at your side holding one end of elastic band and the other end anchored under your foot or being fixed by the opposite hand.

Draw up your hand by bending your elbow to the shoulder with palm face up at all times, maintain elbow against the body. Release elbow to the straight position. Repeat.

Repeat 10 Times
Hold 0 Seconds
Complete 10 Sets
Perform 1 Time(s) a Day



TRICEP EXTENSION- Theraband

Sit leaning forward with arm straightened behind you. Bend your elbow to bring your hand by your chest. Straighten your arm out behind you by squeezing the tricep. Hold and then slowly bend your elbow back to starting position. Do one arm at a time.

Repeat 10 Times
Hold 0 Seconds
Complete 10 Sets
Perform 1 Time(s) a Day



CHEST PRESS - Theraband

With a piece of theraband around the shoulders as shown in the picture, bring both arms away from chest equally at a slow and controlled pace. Slowly return arms to start position.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



Hip abduction

While sitting with upright posture, hold theraband around knees. Slowly bring knees apart, using the outer thighs to power the movement. Slowly and with control, return the legs to starting position.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day