
Standing Backward Shoulder Rolls

REPS: 10

SETS: 1



Setup

Begin in a sitting or standing upright position with your arms at your sides.

Movement

Gently roll your shoulders backwards. Repeat this movement forwards.

Tip

Make sure to maintain good posture during the exercise.

Arm Circles on Swiss Ball

REPS: 10

SETS: 1



Setup

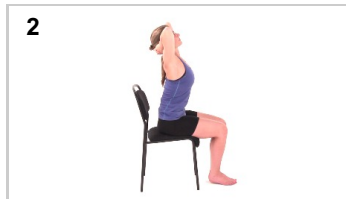
Begin sitting upright or standing. Raise your arms directly to your sides with your elbows straight.

Movement

Make small circles with your arms, first in one direction, and then in the other.

Seated Thoracic Extension with Hands Behind Neck

REPS: 5	HOLD: 5 SECONDS
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Setup

Begin sitting upright in a chair with your hands clasped behind your neck.

Movement

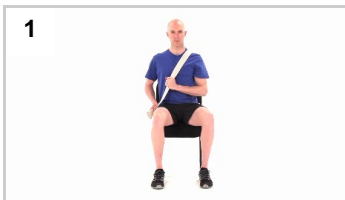
Slowly bend your head and neck backward, curving your upper back. Hold briefly, then return to the starting position and repeat.

Tip

Try to only bend your upper back, and keep your lower back still during the exercise.

First Rib Mobilization with Strap

REPS: 5	HOLD: 5
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Setup

Begin in a sitting upright position with a strap wrapped over the middle of one shoulder.

Movement

Bend your head toward that shoulder, then pull down on the strap and bend your head towards your opposite shoulder. Hold this position.

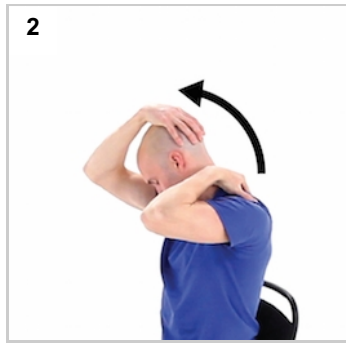
Tip

Make sure to keep your back straight throughout the exercise.

Seated Levator Scapulae Stretch

REPS: 2

HOLD: 15"



Setup

Begin in a sitting position. Place one hand on your shoulder and your other hand on your head.

Movement

Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck. Repeat to the other side.

Tip

Make sure to keep your back straight during the exercise.

Standing Overhead Triceps Stretch

REPS: 2

HOLD: 15"



Setup

Begin in a standing upright position.

Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

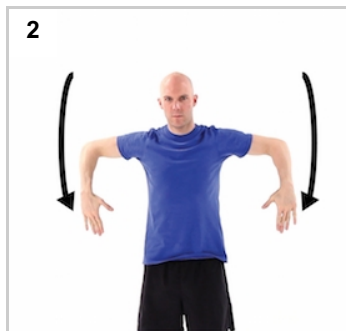
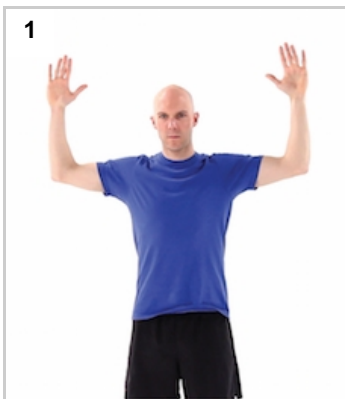
Tip

Make sure to keep your back straight during the exercise.

Shoulder Internal and External Rotation in Abduction

REPS: 10

HOLD: 5 SECONDS



Setup

Begin in a standing upright position with your arms raised to your sides and elbows bent at a 90 degree angle.

Movement

Gently rotate your arms downward as far as is comfortably possible, then return to the starting position and repeat.

Tip

Make sure to keep your elbows bent at 90 degrees and do not let your shoulders shrug during the exercise.

Standing Shoulder Internal Rotation Stretch with Hands Behind Back

REPS: 10

HOLD: 5 SECONDS



Setup

Begin in a standing upright position.

Movement

Place your hands behind your back and hold onto your affected arm with your opposite hand. Slowly slide your hands up your spine until you feel a stretch in your shoulder. Hold briefly, then relax and repeat.

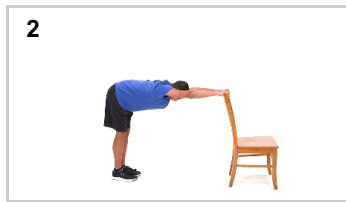
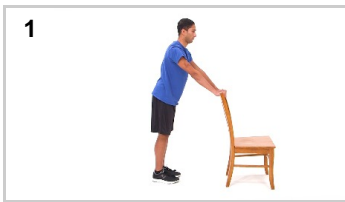
Tip

Make sure to keep your movements slow and your shoulders relaxed during the stretch.

Step Back Shoulder Stretch with Chair

REPS: 2

HOLD: 15 SECONDS



Setup

Begin in a standing upright position in front of a chair with your hands resting on the backrest.

Movement

Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.

Tip

Make sure keep your movements slow and controlled and do not shrug your shoulders during the exercise.