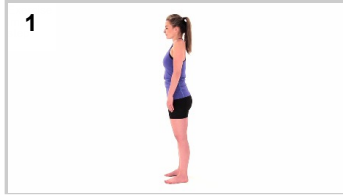

Standing Backward Shoulder Rolls

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.

First Rib Mobilization with Strap

REPS: 1

HOLD: 15



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: 1

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.

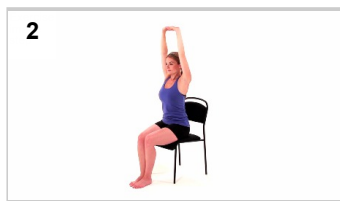
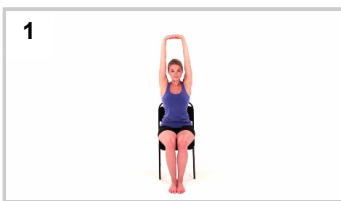
Tip

Make sure to keep your back straight during the exercise.

Seated Overhead Reach Stretch

REPS: 10

SETS: 1



Setup

Begin sitting upright in a chair or standing.

Movement

Straighten your arms out in front of you with your elbows straight and fingers interlocked, then raise them overhead, feeling a stretch in your shoulders.

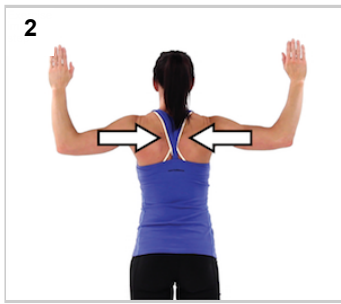
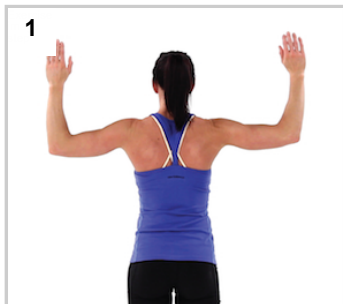
Tip

Make sure to breathe deeply during the stretch.

Standing Scapula "I,T,W,Y,X"

REPS: 7

SETS: 1



Setup

Begin in a standing upright position, knees soft. Then, keeping your back straight, bend over at the hips.

Movement

With your arms straight - Bring your hands by your hips, to make a letter "I" with your body - gently squeezing your shoulder blades together, then relax and repeat.

Next, bring your arms out from your body at a 90 degrees angle to make a "T" with your body. Repeat.

Then bend your arms and elbows to make a letter "W." Repeat.

Next, bring your arms up at an angle overhead to make the letter "Y." Repeat.

Finally, bring one arm up and one arm down, pause and switch arm positions to then make the letter "W."

Tip

Make sure to keep your back straight. Do all reps in one position before moving to the next.

Standing Overhead Triceps Stretch

REPS: 1

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.

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.

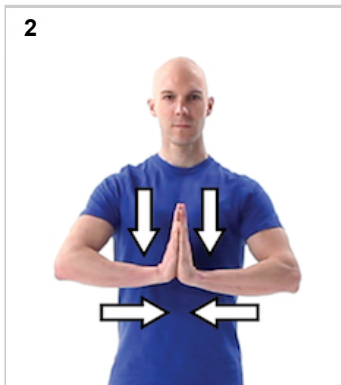
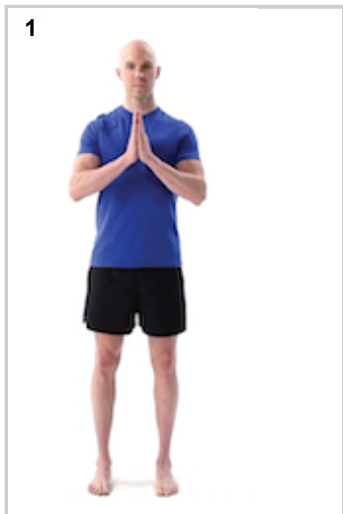
Tip

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

Wrist Prayer Stretch

REPS: 1

HOLD: 15



Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

To significantly increase the stretch you can turn your hands to point downward.

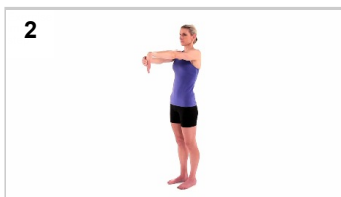
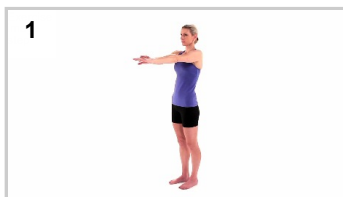
Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

Standing Wrist Flexion Stretch

REPS: 1

HOLD: 15



Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Repeat on the other side.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.