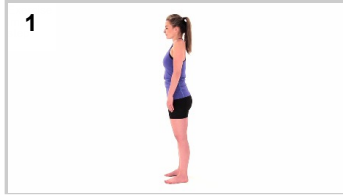

Standing Backward Shoulder Rolls

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

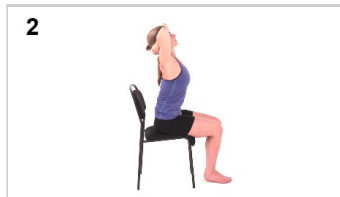
Make sure to maintain good posture during the exercise.

Seated Thoracic Extension with Hands Behind Neck

REPS: 5

HOLD: 5

DAILY: 1



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.

Plank with Thoracic Rotation on Counter

REPS: 5

SETS: 2

HOLD: 5

DAILY: 1



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Step backward into a plank position. Reach one arm underneath and across your body, then slowly rotate your trunk to reach your arm up toward the ceiling. Repeat with the opposite arm.

Tip

Make sure to keep your abdominals engaged and maintain your balance. Do not arch your back or shrug your shoulders during the exercise.

TL Sidebending Stretch - Single Arm Overhead

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position. Raise one arm overhead and rest the other hand on your hip.

Movement

Slowly lean toward the opposite side of your raised arm until you feel a stretch and hold.

Tip

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.

Standing Shoulder Posterior Capsule Stretch

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position.

Movement

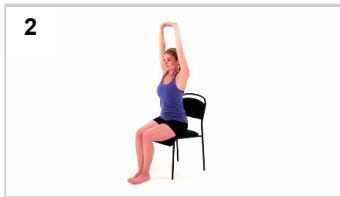
Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

Seated Overhead Reach Stretch

REPS: 10	SETS: 1
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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.

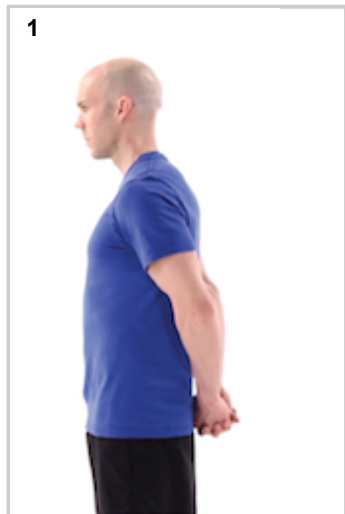
Chest and Bicep Stretch - Arms Behind Back

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position.

Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

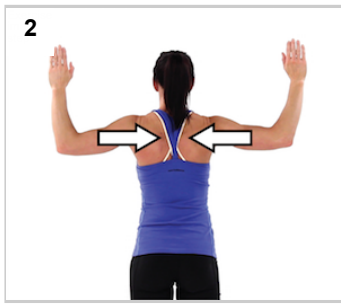
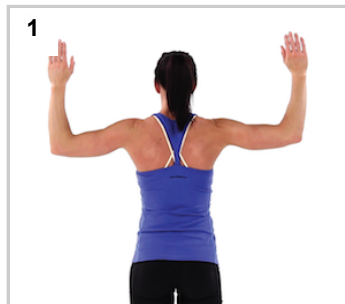
Tip

Make sure to keep your back straight during the exercise.

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

REPS: 7

SETS: 2



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.

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.