
Arm Circles on Swiss Ball

REPS: 10

SETS: 1



Setup

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

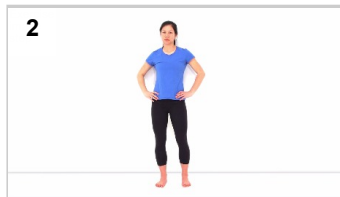
Movement

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

Next, stand in best posture and swing your arms side to side by rotating your torso.

Standing Upper Trapezius Mobilization with Small Ball

HOLD: 30 SECONDS



Setup

Begin in a standing upright position in front of a wall, holding a small, firm ball. Place the ball between your upper shoulder muscle and the wall.

Movement

Slowly roll your upper back side to side, then up and down on the ball until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.

Tip

Make sure to use just enough pressure that you feel a stretch, but no pain.

First Rib Mobilization with Strap

REPS: 5

HOLD: 5"



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

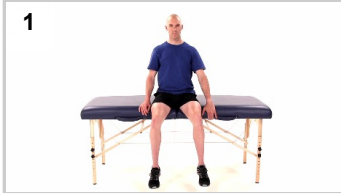
Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck.

Tip

Make sure to keep your back straight during the exercise.

Seated Upper Trapezius Stretch

REPS: 1	HOLD: 15"
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Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Standing Shoulder Posterior Capsule Stretch

REPS: 1	HOLD: 15"
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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.

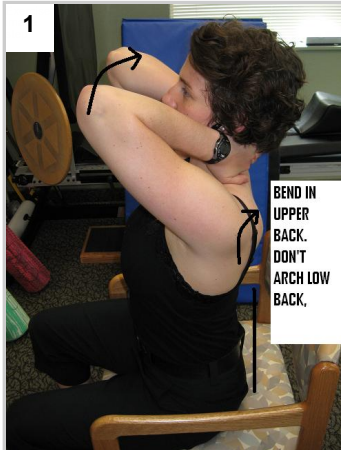
Tip

Make sure to maintain good posture during the exercise.

Thoracic Extension - seated self mobilization

REPS: 5

HOLD: 5"



Setup

Sitting in chair with feet on ground.

Place hands behind neck (base of neck) and bring elbows in towards face.

Movement

Raise elbows up towards the ceiling until you feel a stretch in the upper part of the back, then back down.

Perform 10x every hour of the day that you are awake.

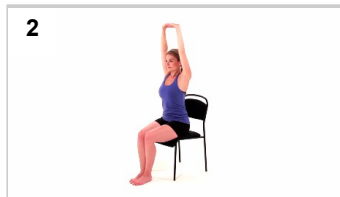
Tip

Do not arch your low back. Try to engage your core muscles.

Seated Overhead Reach Stretch

REPS: 5

HOLD: 5"



Setup

Begin sitting upright in a chair.

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.

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.

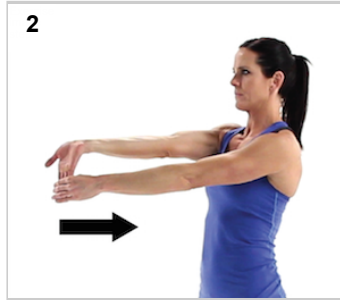
Tip

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

Standing Wrist Extension Stretch

REPS: 1

HOLD: 15"



Setup

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

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

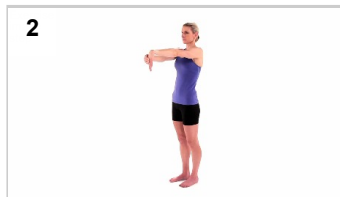
Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

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.