

STEP 1



STEP 2



Standing Single Arm Shoulder Abduction with Dumbbell - Thumb Up

SETS: 1 | REPS: 20

Setup

Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in one hand.

Movement

Keeping your elbow straight, raise your arm directly out to your side with your thumb up, then lower it back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Supine Shoulder External Rotation with Dumbbell

SETS: 1 | REPS: 20

Setup

Begin by lying on your back with a dumbbell in one hand, and your arm out to your side bent at a 90 degree angle with your palm facing forward. Your elbow should be supported on a towel so that your arm is level with your body.

Movement

Rotate your arm upward until your fist is facing the ceiling, then return to the starting position and repeat.

Tip

Make sure your shoulder stays in place during the exercise.

STEP 1



Shoulder External Rotation Exercise

SETS: 1 | REPS: 20

Setup

Lay on your stomach with arm out to side and elbow bent 90 degrees

Movement

Lift hand up and keep elbow on floor

Tip

Pace should be 2 second lift, 2 second hold at top, 3-4 seconds down

STEP 1



STEP 2



Prone Scapular Retraction Arms at Side

SETS: 1 | REPS: 10

Setup

Begin lying face down with arms resting on the ground straight to your sides.

Movement

Lift your arms toward the ceiling keeping your elbows straight.

Tip

Think of squeezing your shoulder blades together as you lift your arms.

STEP 1



STEP 2



Prone Scapular Protraction Retraction AROM on Forearms

SETS: 1 | REPS: 10

Setup

Begin lying on your front, resting on your forearms so that your elbows are directly under your shoulders on the floor.

Movement

Slowly round your upper back, pulling your shoulder blades apart. Hold briefly, then lower back down, squeezing your shoulder blades, and repeat.

Tip

Make sure to keep your movements slow and controlled. Do not shrug your shoulders during the exercise or hang on your shoulders when returning to rest.

STEP 1



STEP 2



Warm Up Cat

SETS: 1 | REPS: 10

Setup

Begin on all fours with your hips over your knees and your shoulders over your hands.

Movement

Exhale as you engage your abdominals to arch your spine, lowering your head, shoulders, and tailbone down as you round your back. Hold briefly while you inhale. Exhale as you return to the starting position, where your head, back, and hips are on the same level.

Tip

Make sure to avoid locking your elbows and try to synchronize your breath with the movement.

STEP 1



STEP 2



Quadruped Full Range Thoracic Rotation with Reach

SETS: 1 | REPS: 10

Setup

Begin on all fours.

Movement

Lift one arm out to your side, then to the ceiling, rotating your trunk at the same time. Next, reach that arm all the way under your body, through your opposite arm and leg, rotating your trunk in the opposite direction. Repeat these movements.

Tip

Make sure to keep your movements smooth and controlled. Follow your arm with your head as you move.

STEP 1



STEP 2



STEP 3



STEP 4



Single Leg Balance with Clock Reach

SETS: 1 | REPS: 10

Setup

Begin in a standing upright position. Imagine you are standing in the middle of a clock.

Movement

Bend your legs slightly, then reach forward with one foot toward 12 o'clock, then bring it back to the starting position and reach toward 3 o'clock. Continue, reaching toward 6 o'clock, then 9 o'clock, and repeat.

Tip

Make sure to keep your hips level as you reach with your leg, and do not let your standing knee collapse inward.

STEP 1



STEP 2



Forward Lunge with Diagonal Arm Reach

SETS: 1 | REPS: 10

Setup

Begin in a standing upright position with your feet shoulder width apart and arms resting at your side.

Movement

Step forward with one leg, lowering your body into a lunge position, and reach diagonally across your body, then carefully return to the starting position.

Tip

Make sure not to let your knees collapse inward during the exercise.