

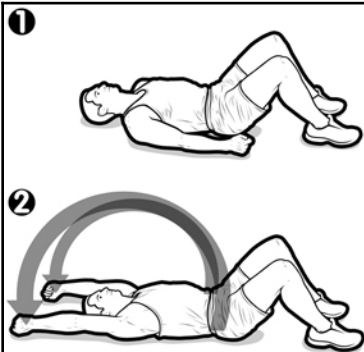


BILATERAL EXTERNAL ROTATION STRETCH

Lying on your back with your hands behind your head, slowly lower your elbows down to the floor until you feel a stretch. Relax and allow the shoulder to drop. Hold.

SETS & REPS: 2-5 minute hold

FREQUENCY: Twice daily +



FLOOR ANGEL WITH FLEXION

Lie on the floor with knees bent, set shoulder blades back against the floor into neutral, arm at sides with thumbs enclosed (1). Raise your arms up, in front of you, until thumbs touch the floor. Focus on your shoulder blades rotating upwards once your arms are above shoulder height (2). Slowly lower and rep

SETS & REPS: 10 reps

FREQUENCY: Twice daily +



INTERNAL ROTATION STRETCH

Lying on your back with your shoulder and elbow bent to 90°, slowly rotate your shoulder, lowering your arm down as far as you can. Relax and allow gravity to assist the stretch. Hold.

SETS & REPS: 2-5 minute hold

FREQUENCY: Twice daily +



PECTORALIS MINOR STRETCH

Clasp your hands behind your back and pull your shoulders back and down as far as you can, squeezing your shoulder blades together. As you exhale, try to depress your shoulders further. Hold.

SETS & REPS: 2 minute hold

FREQUENCY: Twice daily +



INTERNAL ROTATION STRETCH WITH TOWEL

Drape a towel over your shoulder, grasping each end, with one arm in front and one behind your body. Slowly pull your front arm down, sliding your arm behind your back towards your head until you feel a stretch. Hold.

SETS & REPS: 2-5 minute hold

FREQUENCY: Twice daily +