

## Weeks 1-2

STEP 1



### Circular Shoulder Pendulum with Table Support

**HOLD: 2 MINUTES | DAILY: 1 | WEEKLY: 7**

Circles, FWD, BWD

#### Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

#### Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

#### Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

STEP 1



STEP 2



### Seated Shoulder Flexion Towel Slide at Table Top

**REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting facing a table or counter top with your hand resting flat on a towel.

#### Movement

Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

#### Tip

Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.

STEP 1



STEP 2



### Seated Shoulder Abduction Towel Slide at Table Top

**REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting to the side of a table with your hand resting flat on a towel.

#### Movement

Slowly bend sideways, pushing the towel out to the side across the table. Return to the starting position and repeat.

#### Tip

Try to avoid shrugging your shoulder during the exercise and keep your movements slow and pain-free.

STEP 1



STEP 2



### Standing Shoulder External Rotation AAROM with Dowel

**REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

#### Movement

Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

STEP 1



STEP 2



### Shoulder Flexion Overhead with Dowel

REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position, holding a dowel with your involved arm at the end.

#### Movement

Using your uninvolved arm to guide the movement, move your other arm straight overhead. Return to the starting position, and repeat.

#### Tip

Make sure your involved arm is relaxed and keep your back straight during the exercise.

STEP 1



STEP 2



### Standing Single Shoulder Flexion Wall Slide with Palm Up

REPS: 10 | SETS: 2 | HOLD: 10 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with the back of your hand resting against a wall.

#### Movement

Slide the back of your hand up the wall as far as you can and take a small step forward to slide it further. Hold briefly, then slowly lower it back down and repeat.

#### Tip

Make sure to keep your torso facing the wall and only slide your arm up as far as you can without feeling pain. Do not shrug your shoulder during the exercise.

STEP 1



### Standing Shoulder Posterior Capsule Stretch

REPS: 3 | HOLD: 15 SECOND | DAILY: 1 | WEEKLY: 7

#### 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.

STEP 1



STEP 2



STEP 3



### Doorway Pec Stretch at 90 Degrees Abduction

SETS: 3 | HOLD: 15 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position in the center of a doorway.

#### Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

#### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Sleeper Stretch

REPS: 3 | HOLD: 15 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

#### Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

#### Tip

Make sure not to let your body roll forward or backward during the exercise.

STEP 1



STEP 2



## Standing Shoulder External Rotation AAROM with Dowel

**REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

### Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

### Movement

Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

### Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

STEP 1



STEP 2



## Shoulder Flexion Overhead with Dowel

**REPS: 10 | SETS: 3 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

### Setup

Begin in a standing upright position, holding a dowel with your involved arm at the end.

### Movement

Using your uninvolved arm to guide the movement, move your other arm straight overhead. Return to the starting position, and repeat.

### Tip

Make sure your involved arm is relaxed and keep your back straight during the exercise.

STEP 1



STEP 2



STEP 3



## Doorway Pec Stretch at 90 Degrees Abduction

**SETS: 3 | HOLD: 15 SECOND | DAILY: 1 | WEEKLY: 7**

### Setup

Begin in a standing upright position in the center of a doorway.

### Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



## Standing Isometric Shoulder Internal Rotation with Towel Roll at Doorway

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

### Setup

Begin in a standing upright position facing a doorframe with a towel roll tucked under your involved arm, elbow bent to 90 degrees, and a towel between the inside of your hand and the doorframe.

### Movement

Gently press your hand inward into the towel. Hold, then relax and repeat.

### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



STEP 2



## Standing Isometric Shoulder External Rotation with Doorway and Towel Roll

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

### Setup

Begin in a standing upright position to the side of a doorframe with a towel roll tucked under your involved arm, elbow bent to 90 degrees, and a towel between the back of your hand and the doorframe.

### Movement

Gently press your hand outward into the towel. Hold, then relax and repeat.

### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Standing Isometric Shoulder Flexion with Doorway - Arm Bent

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between your hand and the doorframe.

#### Movement

Gently press your hand forward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Standing Isometric Shoulder Extension with Doorway - Arm Bent

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position facing away from a doorway with your involved arm bent and a towel between your elbow and the doorframe.

#### Movement

Gently press your elbow backward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Isometric Shoulder Adduction

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked in between your elbow and your body.

#### Movement

Gently press your elbow into your side and hold.

#### Tip

Make sure to keep your back straight during the exercise.



### Standing Isometric Shoulder Abduction with Doorway - Arm Bent

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position in the center of a doorway with your involved arm bent and a towel between your arm and the doorframe.

#### Movement

Gently press your arm out to the side into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



### Standing Scapular Retraction

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

#### Setup

Begin in a standing upright position with your arms resting at your sides.

#### Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

#### Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



### Seated Shoulder Row with Resistance Anchored at Feet

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

#### Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

#### Tip

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

STEP 1



STEP 2



### Wall Push Up

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

#### Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

#### Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise.

STEP 1



STEP 2



### Standing Shoulder Abduction Finger Walk at Wall

**REPS: 10 | SETS: 2 | HOLD: 10 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a wall at your side.

#### Movement

Place the hand of your involved arm on the wall and walk your fingers up the wall as far as you can, then gently lean toward the wall to slide it further. Slide your hand back down, and repeat.

#### Tip

Make sure not to shrug your shoulder. Only raise your arm as far as you can without causing pain.

STEP 1



STEP 2



### Prone Shoulder Flexion

**REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying face down with your head resting on a small towel roll and your arms resting straight overhead, hands in fists, palms facing inward.

#### Movement

Lift your arms off the ground as far as far as your can, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Make sure not to arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Scapular Retraction Y

**REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

#### Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

#### Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



### Prone Shoulder Horizontal Abduction with Thumbs Up

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

#### Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Do not arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Shoulder Row

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

## Weeks 5-6

STEP 1



STEP 2



### Prone Shoulder Flexion

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying face down with your head resting on a small towel roll and your arms resting straight overhead, hands in fists, palms facing inward.

#### Movement

Lift your arms off the ground as far as your can, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Make sure not to arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Scapular Retraction Y

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

#### Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

#### Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



### Prone Shoulder Horizontal Abduction with Thumbs Up

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

#### Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Do not arch your back as you lift your arms.

STEP 1



STEP 2



### Prone Shoulder Row

**REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Standing Wall Ball Circles with Plyo Ball

**REPS: 4 | SETS: 5 | DAILY: 1 | WEEKLY: 7**

Up/Down, In/Out, CW/CCW

#### Setup

Begin in a staggered stance position holding a small weighted ball against a wall with your arm straight.

#### Movement

Roll the ball in small, tight circles, moving only your arm. Then change direction and repeat.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Sidelying Shoulder ER with Towel and Dumbbell

**REPS: 8 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a dumbbell.

#### Movement

Slowly rotate your forearm upward, then return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm and avoid shrugging your shoulders during the exercise.

STEP 1



STEP 2



### Push Up on Table

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing position next to a table or bed, leaning onto straightened arms for support.

#### Movement

Bend your elbows, slowly lowering yourself into a push up position, then push your body back up away from the table and repeat.

#### Tip

Make sure to keep your back straight and do not let your hips sag as you perform the exercise.

STEP 1



STEP 2



### Shoulder External Rotation with Anchored Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

#### Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.



### Shoulder Internal Rotation with Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

#### Movement

Slowly rotate your arm inward.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.



### Shoulder extension with resistance - Neutral

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

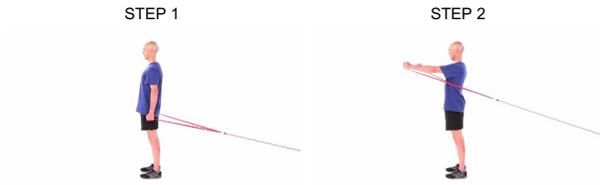
Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

#### Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

#### Tip

Make sure to keep your elbows and back straight, and do not shrug your shoulders during the exercise.



### Standing Shoulder Flexion with Posterior Anchored Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding both ends of a resistance band anchored behind you, and your arms at your sides.

#### Movement

Lift your arms straight in front of your body with your thumbs pointing forward, then slowly lower them back to the starting position and repeat.

#### Tip

Make sure to keep your elbows straight and do not shrug your shoulders during the exercise.



### Seated Shoulder Horizontal Abduction with Resistance - Palms Down

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting in an upright position holding the ends of a resistance band in each hand, with your arms straight forward and palms facing downward.

#### Movement

Keeping your elbows straight, slowly pull your arms apart, pinching your shoulder blades together. Pause briefly, then return to starting position and repeat.

#### Tip

Make sure to maintain an upright seated posture without letting your back arch or shoulders shrug.



### Shoulder Adduction with Anchored Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding the end of a resistance band in one hand with your arm straight and palm facing downward, to the side of the anchor point.

#### Movement

Pull your arm down against the resistance band to your side, then slowly return to the starting position and repeat.

#### Tip

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

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Extension with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing up, holding a resistance band anchored on that side above your head.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Flexion with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down, holding a resistance band anchored on that side near the ground.

#### Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Shoulder Single Arm PNF D2 Extension with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm out to your side overhead, thumb pointing up, holding a resistance band anchored on that side above your head.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Shoulder Single Arm PNF D2 Flexion with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down, holding the end of a resistance band that is anchored below.

#### Movement

Slowly raise your arm overhead across your body, rotating your arm so your thumb points up. Reverse this motion back to the starting position, and repeat.

#### Tip

Make sure to maintain an upright posture and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Supine Bilateral Shoulder Protraction

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

#### Setup

Begin lying on your back with your arms straight up in the air.

#### Movement

Keeping your arms straight, gently punch your arms toward the ceiling. Return to the starting position and repeat.

#### Tip

Your back and neck should remain on the floor.

STEP 1



STEP 2



### Supine Scapular Retraction

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

#### Setup

Begin lying on your back.

#### Movement

Gently press your shoulder blades down and back into the mat, squeezing your shoulder blades together. You may feel a stretch in the front of your shoulders.

#### Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



### Scaption with Dumbbells

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

#### Setup

Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells

#### Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

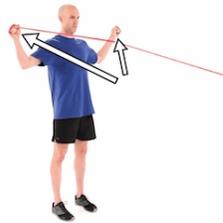
#### Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

STEP 1



STEP 2



### Reverse Fly with Anchored Resistance

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

#### Setup

Begin in a standing upright position, holding the ends of a resistance band anchored in front of you.

#### Movement

With your thumbs up, pull your arms apart and back. Maintain a slight bend in your elbows.

#### Tip

Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together.

## Weeks 7-8

STEP 1



STEP 2



### Sidelying Shoulder ER with Towel and Dumbbell

REPS: 8 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a dumbbell.

#### Movement

Slowly rotate your forearm upward, then return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm and avoid shrugging your shoulders during the exercise.

STEP 1



STEP 2



### Shoulder External Rotation with Anchored Resistance

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

#### Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

#### Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.



### Shoulder Internal Rotation with Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

#### Movement

Slowly rotate your arm inward.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.



### Shoulder extension with resistance - Neutral

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

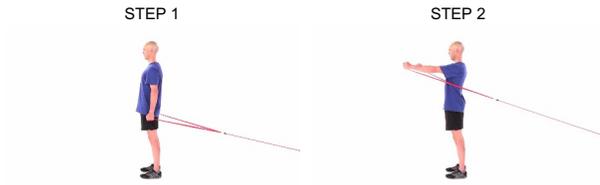
Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

#### Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

#### Tip

Make sure to keep your elbows and back straight, and do not shrug your shoulders during the exercise.



### Standing Shoulder Flexion with Posterior Anchored Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding both ends of a resistance band anchored behind you, and your arms at your sides.

#### Movement

Lift your arms straight in front of your body with your thumbs pointing forward, then slowly lower them back to the starting position and repeat.

#### Tip

Make sure to keep your elbows straight and do not shrug your shoulders during the exercise.



### Seated Shoulder Horizontal Abduction with Resistance - Palms Down

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting in an upright position holding the ends of a resistance band in each hand, with your arms straight forward and palms facing downward.

#### Movement

Keeping your elbows straight, slowly pull your arms apart, pinching your shoulder blades together. Pause briefly, then return to starting position and repeat.

#### Tip

Make sure to maintain an upright seated posture without letting your back arch or shoulders shrug.



### Shoulder Adduction with Anchored Resistance

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding the end of a resistance band in one hand with your arm straight and palm facing downward, to the side of the anchor point.

#### Movement

Pull your arm down against the resistance band to your side, then slowly return to the starting position and repeat.

#### Tip

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

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Extension with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing up, holding a resistance band anchored on that side above your head.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Flexion with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down, holding a resistance band anchored on that side near the ground.

#### Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Shoulder Single Arm PNF D2 Extension with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm out to your side overhead, thumb pointing up, holding a resistance band anchored on that side above your head.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Shoulder Single Arm PNF D2 Flexion with Anchored Resistance

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

#### Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down, holding the end of a resistance band that is anchored below.

#### Movement

Slowly raise your arm overhead across your body, rotating your arm so your thumb points up. Reverse this motion back to the starting position, and repeat.

#### Tip

Make sure to maintain an upright posture and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Supine Bilateral Shoulder Protraction

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

#### Setup

Begin lying on your back with your arms straight up in the air.

#### Movement

Keeping your arms straight, gently punch your arms toward the ceiling. Return to the starting position and repeat.

#### Tip

Your back and neck should remain on the floor.

STEP 1



STEP 2



### Supine Scapular Retraction

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

#### Setup

Begin lying on your back.

#### Movement

Gently press your shoulder blades down and back into the mat, squeezing your shoulder blades together. You may feel a stretch in the front of your shoulders.

#### Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



### Scaption with Dumbbells

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

#### Setup

Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells

#### Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

#### Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

STEP 1



STEP 2



### Reverse Fly with Anchored Resistance

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

#### Setup

Begin in a standing upright position, holding the ends of a resistance band anchored in front of you.

#### Movement

With your thumbs up, pull your arms apart and back. Maintain a slight bend in your elbows.

#### Tip

Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together.

STEP 1



STEP 2



### Standard Plank

REPS: 3 | HOLD: 15-30 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front, propped up on your elbows.

#### Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



### Plank with Feet on Swiss Ball

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your front with your trunk resting on a swiss ball and your legs out straight.

#### Movement

Slowly walk your hands forward until the ball reaches your ankles. Then slowly walk your hands backward to roll the ball back up to your trunk and repeat.

#### Tip

Make sure to keep your back straight during the exercise.