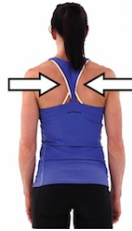


Weeks 1-2

STEP 1



STEP 2



Standing Scapular Retraction

REPS: 10 | SETS: 2 | 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



Shoulder Flexion Overhead with Dowel

REPS: 10 | SETS: 1 | HOLD: 5 SEC | 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 Shoulder Abduction AAROM with Dowel

REPS: 10 | SETS: 1 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding a dowel in both hands, with your elbows straight.

Movement

Using your uninvolved arm to guide the dowel, move your other arm directly out to the side of your body. Pause briefly, then return to the starting position and repeat.

Tip

Avoid shrugging your shoulders as you move the dowel, and allow your uninvolved arm to direct the movement.

STEP 1



STEP 2



Standing Shoulder External Rotation AAROM with Dowel

REPS: 10 | SETS: 1 | HOLD: 5 SEC | 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



Sleeper Stretch

REPS: 10 | SETS: 1 | HOLD: 5 SEC | 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



Supported Elbow Flexion Extension PROM

REPS: 10 | SETS: 1 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting with your forearm resting on a table, palm facing up with your wrist supported by your other hand.

Movement

Using your supportive arm to control the motion, gently bend your elbow, hold, then slowly return to starting position and repeat.

Tip

Make sure that your bending arm is not actively moving.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 5 | HOLD: 15 SEC | 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



Seated Shoulder Single Arm Scaption Towel Slides at Counter

REPS: 10 | SETS: 1 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair facing a table or counter top with the side of one hand resting on a towel.

Movement

Slowly lean forward to slide the towel across the table in a diagonal fashion. Return to the starting position and repeat.

Tip

Make sure you avoid shrugging your shoulders too early during the exercise. Keep your hand on the table.

STEP 1



STEP 2



Standing Shoulder Flexion Wall Walk

REPS: 10 | SETS: 1 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered stance position with one hand resting on a wall.

Movement

Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

Tip

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.

Weeks 3-4

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 5 | HOLD: 15 SEC | 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.



Seated Shoulder Single Arm Scaption Towel Slides at Counter

REPS: 10 | SETS: 1 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair facing a table or counter top with the side of one hand resting on a towel.

Movement

Slowly lean forward to slide the towel across the table in a diagonal fashion. Return to the starting position and repeat.

Tip

Make sure you avoid shrugging your shoulders too early during the exercise. Keep your hand on the table.



Standing Shoulder Flexion Wall Walk

REPS: 10 | SETS: 1 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered stance position with one hand resting on a wall.

Movement

Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

Tip

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.



Shoulder Abduction - Thumbs Up

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

Setup

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

Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat.

Tip

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



Standing Shoulder Scaption

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

Setup

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

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.



Sidelying Shoulder External Rotation

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

Setup

Begin lying on your side with a towel roll between your arm and side, and your elbow bent to 90 degrees.

Movement

Slowly rotate your forearm upward. Pause briefly, 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. Avoid shrugging your shoulders.

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 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 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 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 Isometric Shoulder External Rotation with Doorway and Towel Roll

REPS: 10 | SETS: 2 | HOLD: 5 SEC | 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.

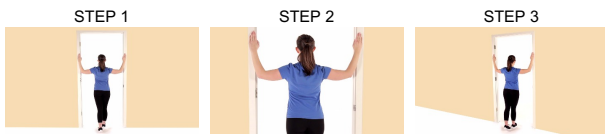
Movement

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.

Weeks 5-6



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 5 | HOLD: 15 SEC | 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.



Standing Shoulder Scaaption

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

Setup

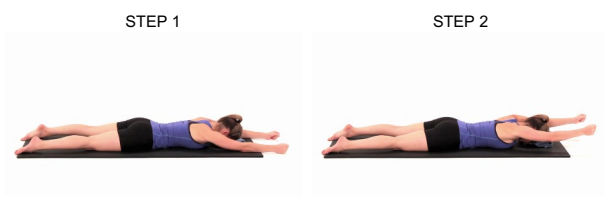
Begin in a standing upright position with your arms resting at your sides.

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.



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.



Prone Shoulder Horizontal Abduction with Thumbs Up

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

Setup

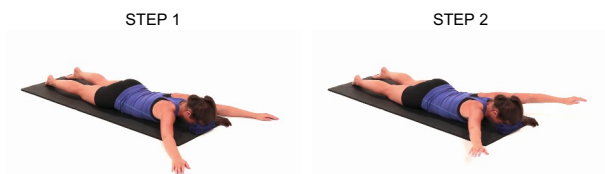
Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

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.



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 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 Isometric Shoulder External Rotation with Doorway and Towel Roll

REPS: 10 | SETS: 2 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position to the side of a doorway 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 doorway.

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.

STEP 1



STEP 2



Shoulder Abduction with Dumbbells - Thumbs Up

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

Setup

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

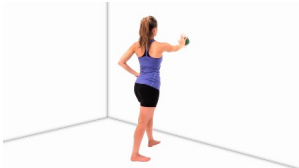
Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat.

Tip

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

STEP 1



STEP 2



Standing Wall Ball Circles with Plyo Ball

REPS: 5 | SETS: 4 | HOLD: UP/DOWN, IN/OUT, CW/CCW | DAILY: 1 | WEEKLY: 7

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



Plank with Hands on Table

REPS: 5 | HOLD: 10 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your hands resting on a table.

Movement

Lean onto the table with both hands as you keep your elbows straight and walk your feet backward into a plank position. Hold this position.

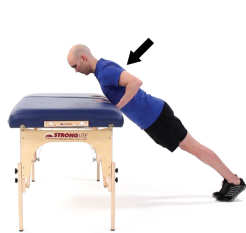
Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Push Up on Table

REPS: 5 | 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.

Weeks 7-8

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 5 | HOLD: 15 SEC | 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



Shoulder Abduction with Dumbbells - Thumbs Up

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

Setup

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

Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders 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



Plank with Hands on Table

REPS: 5 | HOLD: 10 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your hands resting on a table.

Movement

Lean onto the table with both hands as you keep your elbows straight and walk your feet backward into a plank position. Hold this position.

Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Push Up on Table

REPS: 5 | 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



Standard Plank

REPS: 5 | HOLD: 10 SEC | 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



Push Up

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

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



STEP 3



Half-Kneeling Medicine Ball Wall Throw

REPS: 3 | HOLD: 30 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a half kneeling position next to a wall with the leg closer to the wall in front, holding a medicine ball.

Movement

Move the ball away from your body, turning your trunk and arms away from the wall. Quickly rotate your trunk to throw the ball against the wall. Catch the ball, allowing your trunk to rotate away, and repeat.

Tip

Make sure to keep your core engaged and focus on keeping your movements quick and fluid.