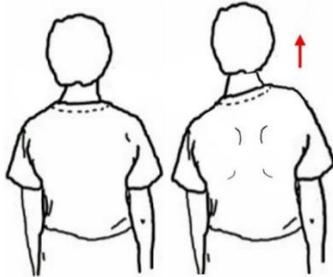




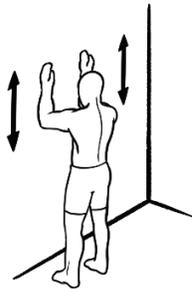
Periscapular Exercises

Complete These Exercises 10 x 2 Sets



Unilateral Shrug

1. Bring shoulders back for proper posture.
2. Lift one shoulder towards the ear while the other shoulder is relaxed



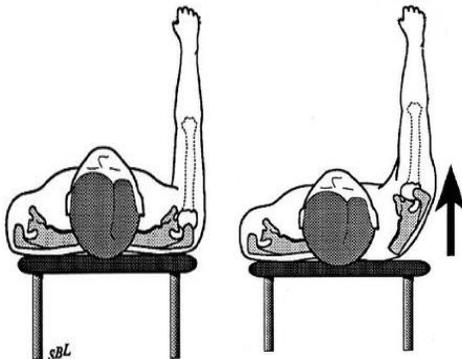
Front Wall Slides

1. Have your arms out in front of you with a slight bend in the elbows.
2. Slide your arms up the wall & down again



Wall Slides

1. Keep your arms at shoulder height
2. Come down to a Y & "Field Goal" position
3. When you come back up, don't go past shoulder height

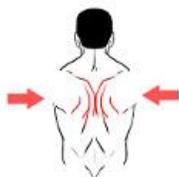
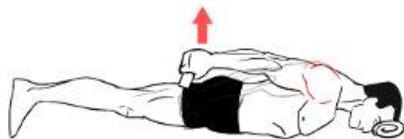


Wall Punches

1. Lay on your back
2. Arms are slightly bent towards the ceiling
3. Push your shoulders towards the ceiling
4. Slowly come back down and repeat

*Unless there are pain or precautions

*****Keep your head and back in contact with table *****



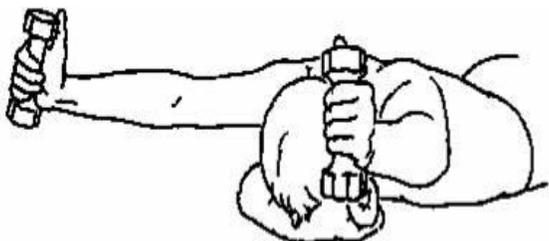
Shoulder Extension:

1. Lie face down with your arms at your side.
2. With the arm at your side, use your shoulder pull the arm back.



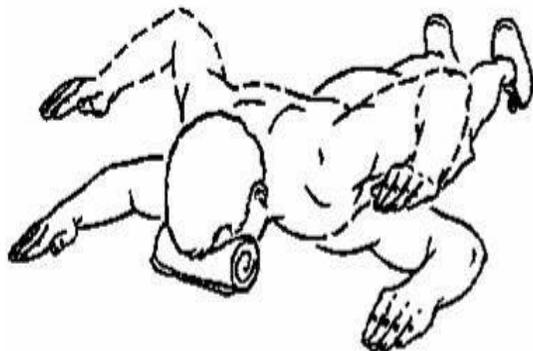
Shoulder Extension w/ ER 90

1. Lie face down on a mat or bed.
2. Lift the arm to shoulder height.
3. Turn your forearm towards the pinky until the palm is facing forward & the thumb is pointed up.



Overhead Arm Raises

1. Lie face down in a superman-like pose, with your arms out in front of you.
2. Rotate your forearms towards your pinky until your thumbs are pointed up.
3. Move your arms to a diagonal pattern & lift



Prone Back Fly

1. On bed or floor, lie face down
2. Relax your shoulders & bend your elbows in a "Field Goal" position
3. Pull back both arms and squeeze the muscles in the back