



Serratus punches

Reach toward the ceiling with 5 lb weight.
Bring back while keeping elbow locked.
Avoid shrugging your shoulder.
Motion should be occurring only at shoulder blade.

Repeat 10 Times

Complete 2 Sets

Perform 1 Times a Day



FREE WEIGHT - ALTERNATE FLEXION PALMS DOWN

While holding 5lb dumbbells with your elbows straight and down by your side, slowly raise them up in front of your body with your palms facing downward. Then return to starting position and repeat.

Do not let your shoulder shrug upwards unless instructed to go over shoulder level height.

Repeat 10 Times

Complete 2 Sets

Hold 1 Second

Perform 1 Times a Day



FREE WEIGHT - UNILATERAL ABDUCTION IN NEUTRAL - LATERAL RAISE

While holding a 5lb dumbbell in one hand and with your elbows straight, raise your arm up from your side with the palms facing downward. Lower and repeat.

Do not let your shoulder shrug upwards and do not go over shoulder level height.

Repeat 10 Times

Complete 2 Sets

Hold 1 Second

Perform 1 Times a Day





INTERNAL ROTATION WITH FREE WEIGHT OR BAND

Place a rolled towel between your upper arm and your side holding the 5lb dumbbell as shown. Gently squeeze the towel and rotate your palm/fist toward your belly. Be sure to keep your shoulder blade stable and your elbow bent 90 degrees. Return to the starting position and repeat.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

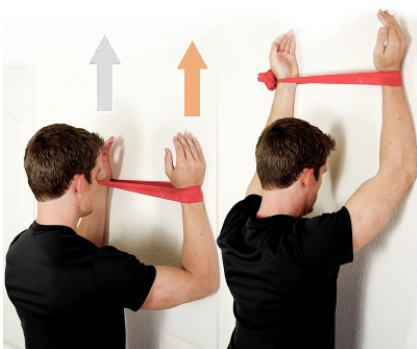


EXTERNAL ROTATION WITH FREE WEIGHT OR BAND

While holding a 5lb dumbbell at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



SERRATUS WALL SLIDE - ELASTIC BAND

Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling.

Then, protract your shoulder blades forward and then slide your arms up the wall as shown.

Return to the original position and repeat.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day

FREE WEIGHT - EMPTY CAN - BILATERAL

While holding a weight with both hands with the top of your fist pointed downward, bring up your arms up from your side.



Do not let your shoulder shrug upwards and do not go over shoulder level height.

Keep your elbow straight for this exercise.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 3 Times a Week



PECTORALIS DOORWAY STRETCH - LOW

While standing in a doorway, place your arm downward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward towards the floor along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



PECTORALIS DOORWAY STRETCH - SINGLE ARM

While standing in a doorway, place your arm up on the door jam and take a step forward through the doorway. Next, bend your front knee until a stretch is felt along the front of your chest and/or shoulder. Your upper arm should be horizontal to the ground and your forearm should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



PECTORALIS DOORWAY STRETCH - SINGLE ARM - HIGH

While standing in a doorway, place your arm upward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed upward towards the ceiling along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



PECTORALIS DOORWAY STRETCH - SINGLE ARM - LOW

While standing in a doorway, place your arm downward on the door frame and step forward through the door. Next, bend your front knee until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward towards the floor along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



TREE HUG STRETCH

Stand and place your arms out in front of you as if your were hugging a tree. Your shoulder blades should be protracted.

Next, turn to the side and bend until a stretch is felt along the mid-shoulder blade area of the forward most shoulder.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



QUADRUPED LAT STRETCH

Start in a crawl position. Reach across the floor to the side with one arm and lean forward and to the side for a stretch to your shoulder/back.

THREAD THE NEEDLE IF YOU'RE FAMILIAR WITH YOGA.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 1 Times a Day