



Lateral Raise

Standing in readiness position. Arms down at sides, elbows bent holding weights in front of body with palms facing inward. Raise arms up and away from sides toward shoulder level rotating weights so palms face downward. Repeat.

(If this motion is difficult, start with arms shifted 10°-30° anterior).

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



R/C External Rotation

Standing or sitting in readiness position. Attach tubing at elbow level from opposite side of body. Hold tubing against stomach keeping elbow bent to 90° and tight to side of body.

Pull tubing out away from body keeping elbow tight to side. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Scaption - Ball

Sitting tall on ball holding weight down at one side with thumb pointing up. Raise arm up to shoulder level keeping arm out 30° in front of body. Keep shoulder blade down and back throughout motion. Lower with control and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



'Brugger' Postural Relief Position

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward.

Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch.

Relax shoulders and rotate arms / hands so that thumbs point backward.

Hold, breath, release and repeat throughout the day.

Sets:	2
Reps:	3
Weight:	
Hold:	30 sec
Rest:	30-60
hourly	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Scapular Clock

Standing with arm straight out in front. Place hand on wall. Perform retraction, protraction, elevation and depression of the scapula with control.

Sets:	2
Reps:	6
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Shoulder Protraction Push Up

On floor in a push up position, maintaining an abdominal hollow.

Keeping elbows straight, push 'through' the floor to push mid back up toward the ceiling.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wall Slide / Arm Elevation

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Actively exhale while performing squat to feel a stretch in the mid back.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
daily	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Rot. Cuff / Prone Flexion

Lying on stomach on floor. Raise arms up above shoulder level to assume a 'Y' position with thumbs turned up.

Raise arms up off floor. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Scap. Retraction - Prone 'T'

Lying on stomach on floor. Raise straight arms up to shoulder level to assume a 'T' position. Raise arms up off floor gently squeezing shoulder blades down and together. Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31