

Shoulder

- 1) **FABERE Standing**- Stand with your arms at your sides turning arms outward so thumbs face rearward (or as close as you can get)- keep a “long neck,” open up your hands spreading your fingers and reach down to the floor on both sides (firmly). Hold for 15 seconds, stop and repeat 3 times. 3 sets several times a day.
- 2) **Door/Corner Stretch**- Stand in a doorway and put your palms approximately chest high on the door jam. Lean your body into doorway looking straight ahead stretching pectorals (chest muscles). Variation- put one hand on the jam and step through the doorway, stretching one side at a time. You can do the same exercise facing the corner of a room, moving your nose toward the corner.
- 1) **Bow Pull**- Standing, extend one arm like holding a bow. As you are “pulling back” with opposite hand, rotate trunk away from pulling hand until at full rotation, full draw, in this position your shoulder blades should be close to touching – slowly rotate trunk to opposite side to until at “full draw.”
- 1) **Quad Prone**- Lay on your stomach, extend arms above your head and lift opposite arm and leg up toward ceiling. Lift off floor but not to maximum (do not strain). 5 seconds per side. Repeat until fatigued.
- 2) **Quad Kneeling (Cross Crawl)** - On your hands and knees reach out with arm (like pushing up above head) and opposite leg extension. Your arm and leg should be parallel to floor. The pelvis must remain level. No rotation. Hold for 5 seconds then complete on other side. Increased difficulty when done on unstable surface (i.e. mattress). Continue until unstable or fatigued.
- 3) **Egyptian**- Standing facing to the right, your right arm palm up with your arm parallel to floor, your left arm behind with palm up (your arm close to parallel to ground) slowly turn pelvis to left and rotate both arms so you are in the same posture facing left.
- 4) **Shoulder Rolls**- Sit or stand and lift your shoulders up toward your ears- pull your shoulders (blades) together, and while holding them back, lower your shoulders back down. Start again, once they loosen, reverse direction.
- 5) **All Together Stretch (ATS)** - Lay on your back and roll pelvis to one side with your knees bent. Pull top leg’s knee with opposite side hand up and toward opposite shoulder, reach behind with top arm and grab lower foot/ankle and pull heel to buttock. During this try to turn shoulders parallel

to floor and face ceiling. Perform this stretch very gradually; muscle pull and cramping are possible. One of best whole body stretches. (Advanced stretch)

- 6) **Floor Reach**- Like “FABERE standing” but with no outward turn of your arms (Do this if you are unable to do “FABERE standing” due to shoulder issues). Hold 15 seconds, repeat.

- 7) **Wall One**- Stand with your back to wall and your feet about 1 foot out from the wall, try to keep your lower back/head/ and neck toward wall- put arms up with your wrists and forearms against the wall and slide your wrists up and down wall feeling your shoulder blades pull toward your spine. Work to get your elbows close to your sides while still contacting the wall with your wrists.