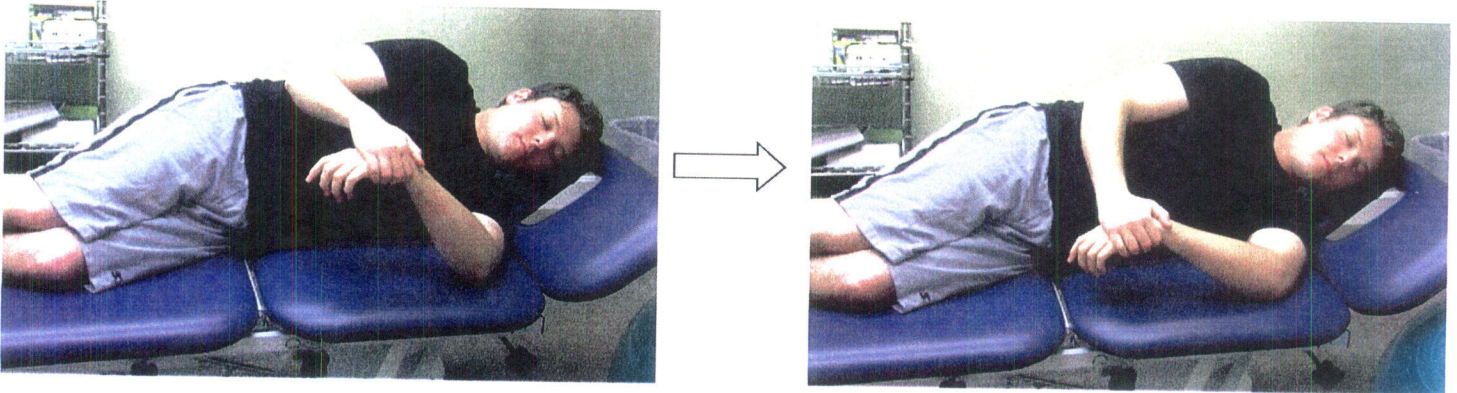


Post. Capsule Self PIR



The Post. Capsule Stretch lengthens the posterior capsule of the shoulder joint.

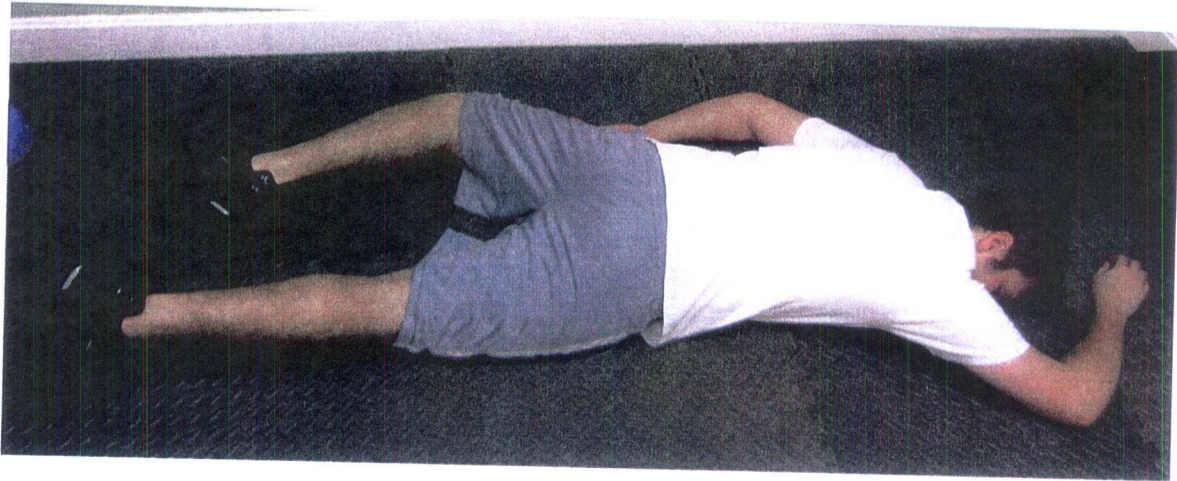
Setup:

1. Begin by laying on the floor with the arm you want to stretch on the bottom.
2. Roll backwards slightly so that your shoulder blade is contacting the floor.
3. Place the arm on the bottom directly out in front of you so your hand is pointing toward the ceiling.
4. Let your palm fall towards the floor as far as it will on its own. Use your other hand to hold it in place while you push the back of your bottom hand into it with about 10% of your strength for 10 seconds.
5. Take a breath in. As you exhale, relax and push it a little farther towards the floor until you feel a good stretch.
6. Repeat this 4-5 times. Do this 2-3 times every day.

Notes:

- Do not force past the point of comfort.
- Can also perform standing against a wall.

Creep Glut and Scap Activation



This exercises activates glut med and stablizes the opposite hip

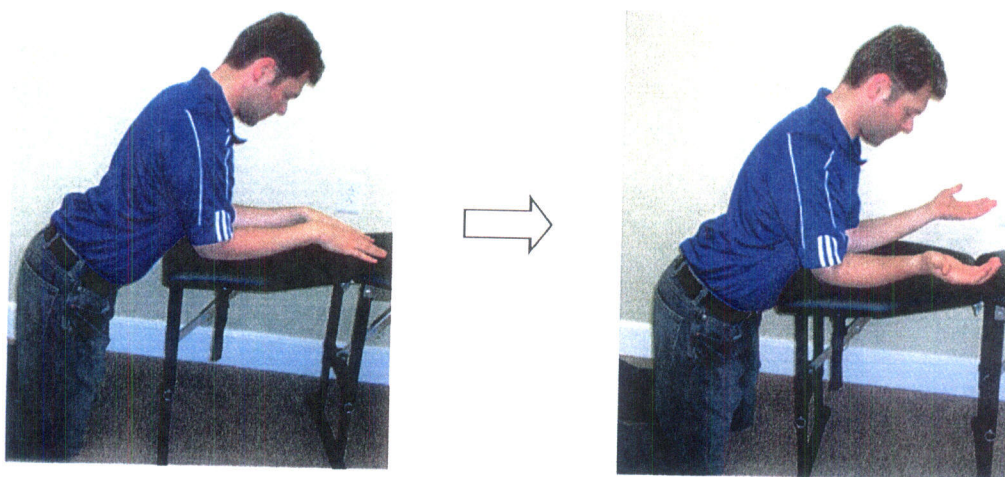
Setup:

1. Lay onto your stomach with your arms by your side and legs straight.
2. Raise one arm above your head keeping you elbow bent at 45 degrees and look to that side.
3. Bend your opposite hip and knee both at 45 degrees.
4. Press the bent knee into the floor and slightly downward.
5. At the same time, press the opposite elbow into the floor and slightly downward.
6. Hold for 10 secs and repeat 10 times.

Notes:

- This should be felt in the glut and opposite lower shoulder blade.
- Do not do if you feel it in the neck and shoulder or the front of your hip.
- Do not hold your breath.

Low Robber



This exercise is designed to strengthen your lower traps.

Setup:

1. Place your hands up like if a cop said freeze and then lower your elbows down to your sides.
2. Place an exercise band around your wrist. Lower your shoulder blades into your back pockets.
3. Rotate your arms outward; you should feel contraction between your shoulder blades.
4. Return to the start position and repeat 10 times.

Alternative:

1. Rest your elbows on a bench or table.
2. Place an exercise band around your wrist and lower your shoulder blades into your back pockets.
3. Rotate your arms outward; you should feel contraction between your shoulder blades.
4. Return to the start position and repeat 10 times.

Shoulder Internal/External Rotation



This exercise is designed to help increased shoulder internal and external rotation while releasing the infraspinatus.

Setup:

1. Start lying on your back with a tennis ball pinned between your shoulder blade and the floor. Make sure the opposite side shoulder blade is off the ground.
2. The upper part of the arm should be lying on the floor, with the lower part is at 90° .
3. Slowly internally rotate and externally rotate your shoulder by move your hand back and forth while keeping the elbow in place.
4. Repeat 10 times slowly 2-3 times a day.

C/T Self Mob



This exercise is designed to help increase mobility in your lower neck and upper back.

Setup:

1. Start seated with your arms out to your side. Make sure your arms are not completely parallel to the ground; they should be sloped down at a slight angle.
2. Rotate one thumb up and one thumb down. Look at the thumb down side.
3. Simultaneously rotate your thumbs into the opposite position. Switch your down thumb up and up thumb down.
4. Continue to always be looking at the thumb side that is down.
5. Repeat for 20 reps. Repeat 3-4 times a day.

Notes:

- **DO NOT LIFT YOUR SHOULDERS.** If you feel tension or burning in your shoulders lower the angle of your arms.
- This should be performed energetically.

Scapula Awareness



This exercise is designed to increase the muscle awareness and control of your shoulder blades.

Setup:

Sagittal Plane

1. Start with your legs split (scissor stance) and slightly bent at the knees.
2. Bend forward and extend your arm back (same side as knee). Weight should be on your back foot.
3. In a wind mill action, move your arm forward and above your head to end range. Shift your weight forward. Repeat 10 times.

Coronal Plane

1. Start with your feet shoulder width apart with your arm above your head and hip shifted to the side.
2. Swing your arm out and then sweep it across your body while moving your hips to the other side. Make a letter C.

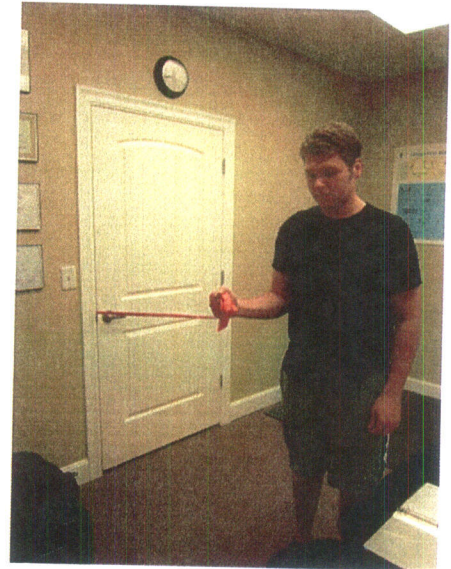
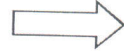
Transverse Plane (Not pictured)

1. Start with your feet shoulder width apart and your arm next to your side as if you were going to throw a punch.
2. Rotate through the hips and mid back and reaching across the body and punch.

Notes:

- Make sure to move the shoulder blade and hips.

Rotator Cuff Walk Outs



The Walk Away Exercise challenges the muscles of the rotator cuff as a stabilizer muscles.

Setup:

1. Anchor a resistance band at the same height as your elbow.
2. Begin holding a resistance band with your arm at your side, elbow bent to 90°, your palm facing inwards.
3. Slowly side step away to increase the resistance in the band.
4. Slowly side step back towards to decrease the resistance in the band.
5. Turn around 180 degrees and repeat.
6. Do 3 sets of 10 repetitions 3 times every day.

Notes:

- Your arm should not move, keep it locked in place. This is a stabilizing exercise.