



1 Set / 20 Reps / 5 s hold

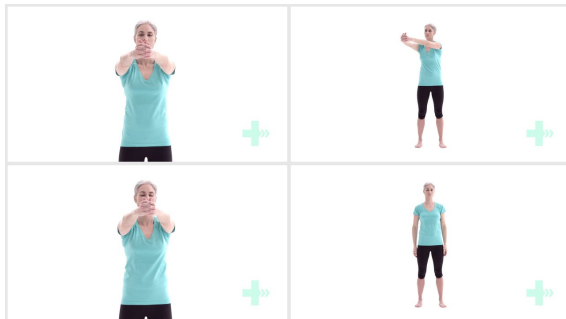


1. Scapular retraction/depression strengthening, standing

Start in an upright standing position.
Practice bringing your shoulder blades back and down.
Picture gently drawing your shoulder blades towards the hip on the opposite side.
This is a subtle movement, ensure you do not over strain your shoulder blades when performing this action.

make sure shoulders stay relaxed (no trap involvement). Can try using a corner to help with cue the motion

1 Set / 10 Reps / 10 s hold



2. Trunk rotation strengthening, arms forward, standing

Stand up straight with your feet shoulder width apart.
Place your hands together and stretch your arms out straight in front of you.
Keeping your hips pointing forwards, rotate your arms from one side and then to the other.

Your feet should remain on the floor throughout the exercise.
Try to feel the rotation coming from your mid to upper body.

to both sides

1 Set / 10 Reps / 10 s hold

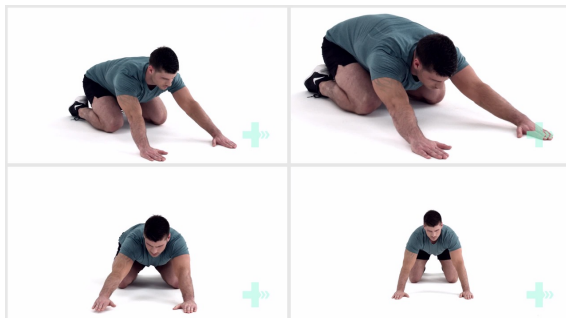


3. Trunk rotation stretch, leading with arm, side lying; 03

Lie on your side with the bottom leg straight and the top leg bent.
You can rest your top leg onto a folded towel.
Stretch both arms out in front of you as far as you can.
Keep your bottom arm on the floor as you reach the top up and back, allowing your body to rotate with the movement.
You will feel this stretch through your upper back.

to each side.

1 Set / 10 Reps / 10 s hold

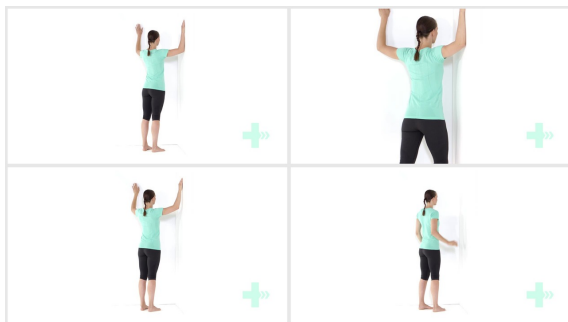


4. "Prayer stretch" Shoulder/trunk extensors stretch, with side bending, quadruped

Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should be in contact with the heels.

Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold.
Relax the arms and the body then repeat the exercise using the opposite arm in the upper position.

hands can be walked to either left or right



5. Pectoralis stretch, into corner, standing

Stand up straight facing into the corner of a room.
Bend both elbows and place your forearms on each wall, palms facing forwards.
Step forwards onto one leg and take your weight in the same direction, directly into the wall.

Make sure you shift your hips and body forwards.
You should feel a stretch across the front of your chest.
Hold this position.

The height you place your arms at will alter the area you feel the stretch.

1 Set / 20 Reps



6. Shoulder horizontal abduction/scapular retraction strengthening, with band, palms up, standing

Stand up straight holding the ends of a resistance band in each hand.
Hold the band between both hands.

Raise your arms directly up in front of you with your palms facing up.
With your hands at shoulders width apart, there should be some tension in the band.

Keeping your neck long and your core strong, pull the band apart.
Start the movement by pulling your shoulder blades towards one another, ensuring you do not hunch your shoulders at the same time.

Move your arms apart into the resistance of the band.

Control the movement as you bring your arms back to the front, and repeat.

5 second hold