

- Notes:**
- Be mindful of your posture both at rest and with activity. Focus on keeping your shoulder blades up and back.
 - Take 5 minutes twice a day to complete slow, deep, diaphragmatic breathing.
 - Try to sleep on your back with pillows placed underneath each arm.
 - Do not progress to the theraband exercises until your symptoms are improving.
- Please call the therapy department with any questions.

1: Shoulder Blade Squeeze - Standing

Stand with your arms relaxed at your sides. Squeeze your shoulder blades up and back. Don't pinch your elbows back or bring your arms behind your body.



Effort

2 Sets x 10 Reps

6.8 sec. each (Total: 0:02:36)



Remember

Don't pinch elbows back or bring arms behind body.

2: First Rib Mobilization

Sit upright in a chair with one end of a towel anchored in your armpit. Bring the towel up and across your back and over the top of your opposite side shoulder. Hold the front end of the towel with your hand. Pull the towel downward, taking up any slack, to apply pressure on your first rib. Tilt your head toward the shoulder without the towel roll on top of it.

Variation: After you tilt your head, rotate it to one side.



Effort

3 Sets x 30 secs

6.0 sec. each (Total: 0:04:30)



Remember

Pull towel down before tilting head.

3: Lat Stretch with Thoracic Spine Elongation

Start in a tall kneeling position, with your elbows on a chair or bench, hands and forearms together in prayer position. Slowly sit back on your heels and press your chest toward the floor. Once your shoulders are in the stretch, tuck your tailbone for an additional stretch.

Variation: Hands on chair or bench with elbow straight, palms up (shoulders in external rotation).



Effort

4 Sets x 20 secs

20.0 sec. each (Total: 0:03:20)



Remember

Hands and forearms together, elbows on edge. Sit back on heels, press chest toward floor. Tuck tailbone for more stretch.

4: Thoracic Extension - Seated

Sit in a chair with your hands behind your neck, elbows pointing forward. Lean backward over the top of the chair, pointing your elbows toward the ceiling. The pivot occurs at the point where your spine touches the chair.



Effort

3-5 Sets x 5-10 secs

5.0 sec. each (Total: 0:00:15 - 0:00:50)



Remember

Keep core tight.

Don't over-extend neck.

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5: Pec Minor Stretch - Hook Lying (Towel Roll) Advanced

Firmly roll a towel into a 4-6" diameter roll. Lie on your back, knees bent, towel roll parallel to your spine at the level of your shoulder blades. Begin with your hands resting on your chest/abdomen and may progress to arms resting overhead (as shown).



Effort

1 Set x 5-10 mins

0.0 min. each (Total: 0:05:30 - 0:10:30)



Remember

Adjust height of towel roll to find proper stretch between 4-6 inches. Please avoid any numbness and tingling

6: Wall Slides

Stand facing the wall with your arms overhead and thumbs pointing behind you (not pictured). Slide both hands up the wall, focusing on lifting from your shoulders. Slide hands back down to starting position.



Effort

2-3 Sets x 3-5 Reps

3.3 sec. each (Total: 0:00:59 - 0:01:49)



Remember

Focus on lifting from your shoulder blades up towards your ears

7: Upper Thoracic Extension (Foam Roller)

Lie on your back with the bolster under your upper back. Choose a bolster firm enough to act as a pivot for the point of motion, such as a foam roller. Keeping your hips down, roll and arch your upper back over the foam roller. Change the position of the foam roller to target specific areas.



Effort

1 Set x 3-5 Reps

5.0 sec. each (Total: 0:01:00 - 0:01:10)



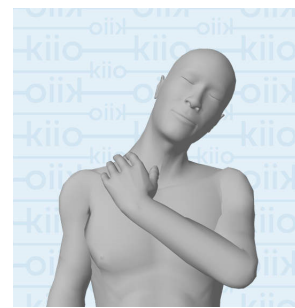
Remember

Arch upper back over bolster without arching lower back.

Support head with hands.

8: Scalene Stretch with side bending

Place your hand on the side of your neck just above your collar bone and pull down. Bend or tip your head to the opposite side without lifting your shoulder to your ear.



Effort

3 Sets x 20 secs

20.0 sec. each (Total: 0:02:00)



Remember

Move ear to shoulder, not shoulder to ear. Please avoid and numbness and/or tingling.



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9: External Rotation - Side Lying (Towel Roll)

Lie on your side with your head supported by a pillow in a neutral position. **NOT LIKE SHOWN IN PICTURE.** Use a towel roll to elevate your top arm 20-30° above your side. Your top arm starts with elbow bent to 90°, hand hanging down in front of your stomach, holding a dumbbell. Rotate your hand and forearm up without changing the angle of your elbow or letting your elbow go behind your body.



Effort

1 Set x 10 Reps

1.9 sec. each (Total: 0:00:49)



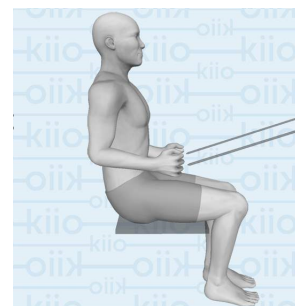
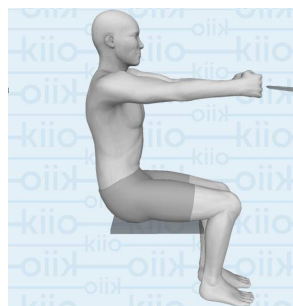
Remember

Keep elbow bent to 90°.

Upper arm rests on towel roll.

10: Low Row Double Arm - Seated (RC)

Sit up tall with both arms reaching forward at chest height to grasp resistance cables. Pinch your shoulder blades together as you bring your arms down towards your sides. Do not bring your elbows behind you.



Effort

1 Set x 10 Reps

2.5 sec. each (Total: 0:00:55)



Remember

Palms face each other.

Thumbs point up. Focus on your shoulder blades squeezing together.

11: PNF D2 flexion (supine)

Laying on your back, pull the theraband up and out, leading with your thumb (not pictured). Hold for 5 seconds then return to start position as if taking a sword up and out of your pocket and reaching overhead.



Effort

1 Set x 10 Reps

6.9 sec. each (Total: 0:01:29)



Remember

Hold for 5 seconds at the top