



Serratus Push-Up Plus

Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting position

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |
| | |

- 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

Notes:



Quadruped arm-leg raise

Start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. Press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |
| | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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Notes:



Lying external rotation

Lie on side with elbow directly under shoulder. Keeping a 90 degree angle and elbow pinned to the body raise dumbbell upward and slightly rotate thumb outward at end range.

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |
| | |

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Notes:



Cat / Camel

On hands and knees.
Let stomach muscles relax and spine sag down as you exhale.
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat' while inhaling.
Lower back down and repeat.
Move within your pain free range of motion.

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |

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Notes:



'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: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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To retract and depress the scapula.

Notes:



Shoulder clocks

Lie on one side with knees bent and hands together. While keeping hips on the ground, gently bring arm to other side of the body. Repeat

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |

- 1 2 3 4 5 6 7
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Notes:



YTW's

Lie face down on bench with chin off the edge extend arms up into y position keeping scapula depressed and shoulder girdle stabilized throughout entire movement

| | |
|---------|--------|
| Sets: | 2-3 |
| Reps: | 2x |
| Weight: | |
| Hold: | 15 sec |
| Rest: | |
| 2x/day | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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Notes:



YTW's

| | |
|---------|--------|
| Sets: | 2-3 |
| Reps: | 2x |
| Weight: | |
| Hold: | 15 sec |
| Rest: | |
| 2x/day | |

- 1 2 3 4 5 6 7
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Notes:



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. Keep low back flat on wall with just a finger space. Actively exhale while performing squat to feel a stretch in the mid back.

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |
| 2x/day | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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Notes:



Posterior Capsule Stretch

On your side with arm out so that shoulder is aligned with elbow bring forearm up to a 90 degree angle. With opposite arm push wrist down to floor. Lean upper body toward floor until stretch is felt.

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |
| | |

- 1 2 3 4 5 6 7
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Notes:



Pec Door Stretch

Grab hold of each side of the door frame Take a split stance position and lean forward to stretch the chest muscles. Placing the hands higher or lower will vary the stretch

| | |
|---------|--------|
| Sets: | 2-3 |
| Reps: | 2x |
| Weight: | |
| Hold: | 15 sec |
| Rest: | |
| 2x/day | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
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Notes:



Wall Walk - In Front

Standing facing a wall arms length away. Walk fingers up wall as far as comfortable, avoid shrugging shoulder. Step back away from wall and slowly lower arm down to body. Repeat.

| | |
|---------|--|
| Sets: | |
| Reps: | |
| Weight: | |
| Hold: | |
| Rest: | |
| | |

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Notes: