

PERRY



PUMAS

Coach Boone: 602 619-8460

QBs SHOULDER PREHAB

Instructions:

Choose 4-6 exercises per day in addition to IR and ER

- **Arm circles - big/little/frwd/bck**
- **Shoulder stretches**
- **Scarecrow (no weight or very light 2 to 5 lbs) watch in mirror**
- ***Internal rotation (band)**
- ***External rotation (band) "windshield wiper motion"**
- **Straight arm press backs**
- **Wall Ladder with elastic band**
- **Wall Clock with elastic band**
- **Scapular Squeeze with band or "free motion" machine cables**
- **Rear deltoid raise with band or dumbbells**
- **T, Y, I raises with dumbbells (lay prone on stability ball or incline bench)**
- **Stability ball wall roll-ups**
- **Ball taps with medicine ball (2 to 3 lbs)**
- **"Body Blade" multi-directional**