Prone Scapular Retraction
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin lying face down with your arms resting to either side of your body.

Movement
- Gently squeeze your shoulder blades together, then relax them and repeat.

Tip
- Make sure to keep your back relaxed and do not shrug your shoulders.

Step 1
Step 2

Prone W Scapular Retraction
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape.

Movement
- Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip
- Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Step 1
Step 2

Isometric Shoulder Internal Rotation
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin in a standing upright position with one elbow bent at 90 degrees, and your other arm holding on to the inside of your hand.

Movement
- With your bent arm, apply pressure sideways into your hand.

Tip
- Do not let your arm move during the exercise.

Step 1
Step 2

Isometric Shoulder External Rotation at Wall
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin in a standing upright position with your elbow bent 90 degrees, and a towel between your wrist and a wall.

Movement
- Push your arm into the wall as if you were rotating your forearm outward, keeping your elbow tucked at your side, then relax and repeat.

Tip
- Make sure to keep your back straight during the exercise. There should be little to no movement.

Step 1
Shoulder External Rotation AAROM with Dowel
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

**Movement**
- Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

**Tip**
- Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

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Shoulder Flexion Wall Walk
Reps: 10     Sets: 3     Hold (sec): 5     Weekly: 5x    Daily: 3x

**Setup**
- Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

**Movement**
- Slowly walk your hands up the wall one at a time.

**Tip**
- Make sure to keep your body straight during the exercise. Only walk your hands as far as you can without feeling any pain.