

8 MINUTES SHOULDER MOBILITY ROUTINE

Exercises For Better Movement and Mobility



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INTRO SECTION

Welcome to the Phase 1 Daily Routine from Shoulder Control. Shoulder Control is a 3 Phase, progressive course designed to restore optimal shoulder function, improve mobility and build pain-free, functional strength.

The Phase 1 Daily Routine introduces some basic, gentle stretches and 3 unique exercises designed to get the two distinct joints that make up the full shoulder complex - glenohumeral and scapulothoracic - working properly, particularly with rotation.

Do these techniques daily and you'll be re-programming your neuromuscular system for proper function and be on your way to developing full range of control (not just range of motion).

Pay close attention to the technical cues of the exercises because they'll only benefit you if they're done correctly and there are subtle points that make a big difference.

- **COACH E**



Phase 1: Daily Routine

Daily Routine

Program Table (*Perform daily, ideally in the morning*)

Technique	Reps / Hold Time
1) Pec Major Stretch	30 sec per
2) Lat Stretch	30 sec per
3) Standing Extended Shoulder Circles	3 reps
4) Open Chain Scap Circles	10 reps per in each direction
5) ER/IR Ratcheting	3 reps per

Pec Major Stretch



1. Stand in alignment in a doorway
2. Abduct your GHJ to 90° and slightly extend so your arms are behind the door frame
3. Slowly walk forward until you feel a gentle stretch through the front of your chest and arms while keeping your lumbar spine neutral and hold for 60s
4. Take slow 360° breaths while holding the stretch and maintain a mild scapular retraction force, fingers flared and wrists slightly extended to get a gentle nerve stretch

Lat Stretch



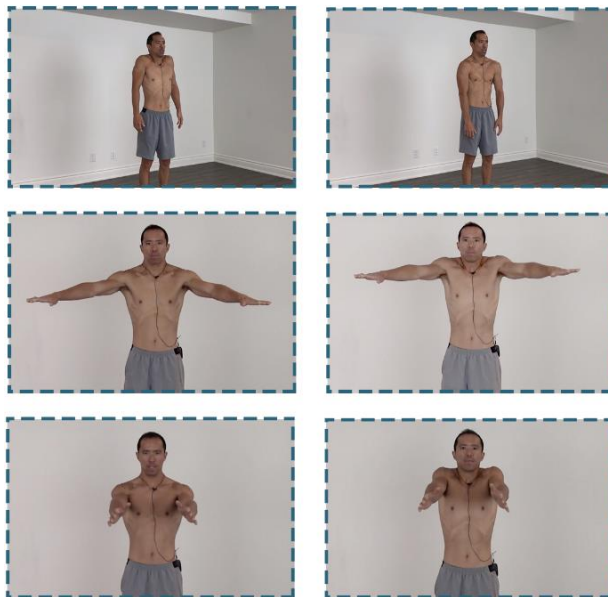
1. Stand facing a doorframe or other solid object you can hold onto
2. Grab the object and hinge your hips while backing up so the arm is overhead to stretch the lat and side of your torso
3. Add a bit of side bend away from the lat being stretched and take slow 360° breaths

Standing Extended Shoulder Circles



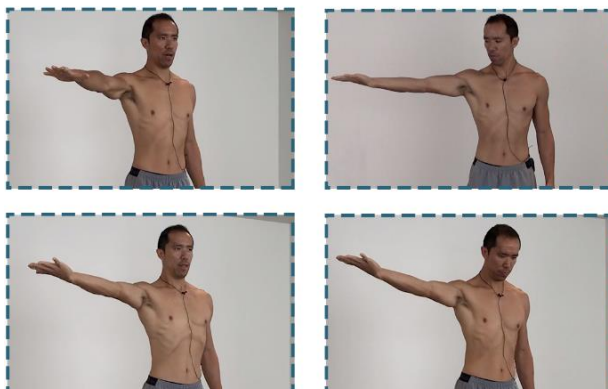
1. Stand in neutral alignment
2. Externally rotate GHJ so palms are facing forward
3. Starting with scapulae retracted, extend GHJ as much as possible then lift the arms up to overhead without losing neutral alignment of spine
4. Allow the scapulae to upwardly rotate as you lift the arms and maintain locked out elbows the whole time

Open Chain Scap Circles



1. Stand in alignment with arms hanging relaxed by your sides
2. Perform circles in both directions with the scapulae, pushing the limit of the range in every direction (protraction, retraction, elevation, depression, anterior and posterior tilt)
3. Keep your elbows locked out the whole time
4. Experiment with different GHJ positions including 90° of flexion, 90° of abduction and extension

ER/IR Ratcheting



1. Stand with your right arm abducted to 90° in the scapular plane and fingers flared
2. Maximally externally rotate the GHJ
3. Take 1 slow 360° breath and as you exhale, slightly flex the thoracic spine while maintaining maximal external rotation (fist shouldn't rotate down)
4. Take another slow 360° breath and while you inhale, extend the thoracic spine and achieve greater GHJ external rotation
5. Repeat steps 3-4 two more times

Get the Rest of Phase 1 and Continue Your Journey to Strong, Mobile and Pain-Free Shoulders



You've received your taste of Phase 1 with the Daily Routine. It also includes the following and like all Precision Movement courses, is a little heavier on the education to teach you the why behind the what.

KINESIOLOGY: we'll dive further into concepts in the Master Manual so you learn accurate kinesiological terminology for all of the important structures and movements of the shoulder.

ASSESSMENTS: I've included 7 assessments for those who desire to objectively test and re-test their shoulders for both pain and mobility.

ACTIVE SELF-MYOFASCIAL RELEASE: you'll discover how to release soft tissue restrictions and adhesions in 8 muscle groups via the ASMR technique that's been proven more effective than regular foam rolling or trigger point massage.

DISSOCIATION: 5 techniques are included to break old movement patterns and activate sleepy muscles to improve mobility and increase freedom of movement.

Click the button below to get the full scoop on Shoulder Control and to thank you for signing up for the Daily Routine, you'll see your special action-takers discount already activated:

**LEARN ALL ABOUT
SHOULDER CONTROL**

Here's What Others Are Saying About Shoulder Control

"The cramping suddenly melted away and my extended hand rotated a few more degrees externally."

Your Rotator Cuff Mobility move in phase 1 immediately resolved a certain positioning bicep cramp issue I have had for three years since cuff surgery with bicep tendon reattachment. In that move (first time), external rotation induced strong, uncomfortable pre-cramping, I held and breathed through it, the cramping suddenly melted away (felt so good) and my extended hand rotated a few more degrees externally. Kudos to you Eric, you know your kinesiology!

I now do my yoga Wheel pose with better arm extension and no arm cramping; on to better Crane and proper handstands!

Greg Marlette



*Sophie
Strasser*

*43, 2 kids taking
up my time*

Pain has disappeared!!!

Pain has disappeared!!! and I am not done yet!!

Took quite a long time with phase 2 and have just begun with phase 3. So far i love it. Thanks a lot!!

My shoulders are looser (I am mostly a desk worker unfortunately) and old soreness /constant bit of pain between shoulder blades disappeared DISAPPEARED!! while doing the dissociation (raising arms while flexing spine forward), so cool!

Get your shoulders working right - learn more about Shoulder Control below and make sure to check it out before the limited-time action-takers discount expires:

**LEARN ALL ABOUT
SHOULDER CONTROL**