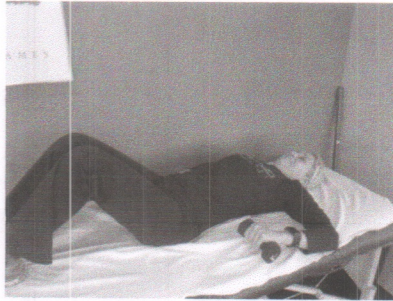


Total 5

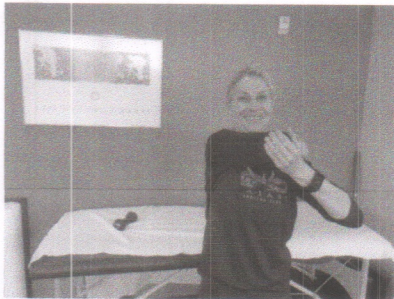


### Supine 90/90 Internal Rotation With Weight

Lay on your back, with the shoulder out at 90 degrees and the elbow bent to 90 degrees. Let your forearm fall toward the floor.

Use a 3 pound weight.

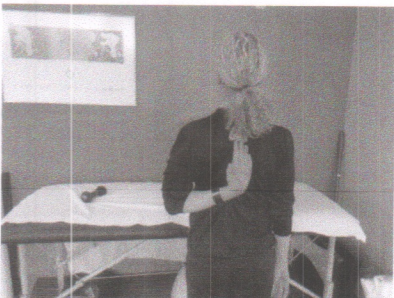
Repeat 2 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day



### Posterior Capsule Stretch

Place your elbow in front of your chin, grasp the elbow with the opposite hand, pull the elbow towards the opposite shoulder.

Repeat 10 Times  
Hold 5 Seconds  
Perform 2 Time(s) a Day

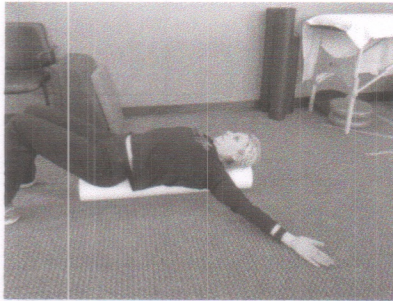


### Hand Behind The Back Internal Rotation Stretch

In standing, bring your hand to the middle of your low back then reach up between the shoulder blades, return back to the starting position.

Repeat 10 Times  
Hold 5 Seconds  
Perform 2 Time(s) a Day





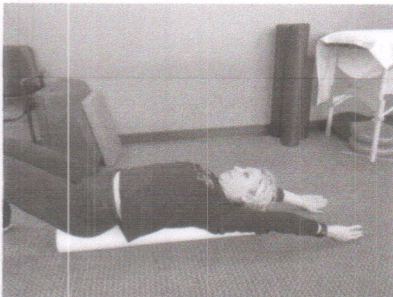
#### Foam Roller Pect Stretch

Lie down on a foam roller and allow your arms to drop towards the floor with your elbows relaxed.

Hold for a gentle stretch across your chest.

Make the stretch dynamic: slide your hands along the floor until your hands are in the streamline position and squeeze elbows to your ears. Return your arms to your side and repeat.

Repeat 1 Time  
Hold 2 Minutes  
Perform 2 Time(s) a Day

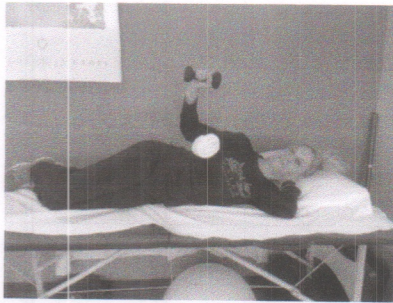


#### Foam Roller Shoulder Flexion

Lie on the foam roller, with your hands on your thighs. Inhale, bringing your arms up over your head without bending at the elbow. Let your hands drop toward the floor. Exhale. Relax bringing your arms back down to the thighs and repeat.

Repeat 1 Time  
Hold 2 Minutes  
Perform 2 Time(s) a Day

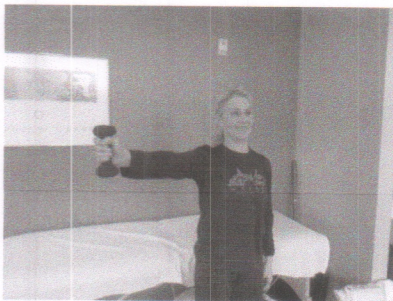




## Side-lying External Rotation With Free Weight

Lie on your side, place a towel between your body and elbow, and hold a weight with your elbow bent to 90 degrees and resting on the towel roll. Next, draw up the arm from the stomach up towards the ceiling. Slowly lower to the starting position and repeat as instructed.

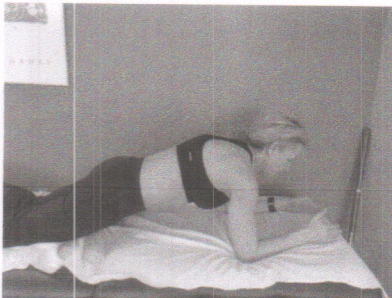
Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day



## FREE WEIGHT SCAPTION

Slowly raise up your arm away from your side in a forward/lateral direction. Your elbows should be straight and movement to occur in the plane of the scapula or 45 deg to the side. Slowly lower to the starting position and repeat as instructed.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day



## Shoulder Blade Push Up On Knees

Start in a modified plank position with your knees and elbows on the ground. Maintain a straight body as you push your chest away from the ground then slowly lower your chest toward the ground. Maintain control at all times and slowly return to the starting position, and repeat as instructed.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day





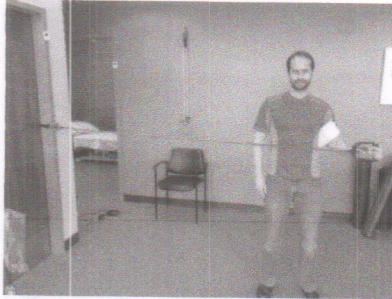
**Bent Over Horizontal Abduction With Free Weight**

While standing, bend over at your waist and support your self with your opposite arm. With the arm hanging straight down, raise your arm directly out to the side and pinch the shoulder blades together. Slowly return to the starting position and repeat as instructed. No swinging.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day



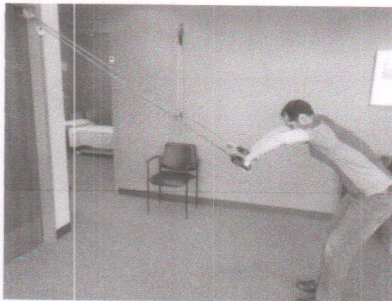
Total 4



## Sports Cord Shoulder External Rotation

While holding an elastic band at your side with your elbow bent 90 degrees, place a towel roll between your body and elbow. Start with your hand near your stomach and rotate your shoulder outward. Keep your elbow at your side the entire time.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day



## Sports Cord Swimmers Pull

Bend at the hips and hold the elastic band with both arms above your head and in front of you. Elbows should be straight. Keep the elbows high in the catch phase. Next, press all the way through, towards the back pockets. Return to the starting position in a slow and controlled manner.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day

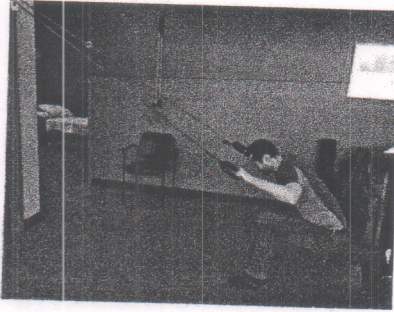


## Sports Cord Overhead Triceps Press

Start with one handle on top of the other with your back to the anchor. Keep the elbows bent and tucked by your head. Straighten the elbows. Return to the starting position slow and controlled.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day





### Sports Cord Lat Pull

From a half kneeling position hold the elastic band with both arms in front of you and with your elbows straight. Your arms should be elevated. Next, pull the band down and back bringing your elbows to your ribs. Return to the starting position slow and controlled.

Repeat 15 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day