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STEP 1



Standing Shoulder Posterior Capsule Stretch

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Sleeper Stretch

SETS: 2 | REPS: 10 | HOLD: 5 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

Make sure not to let your body roll forward or backward during the exercise.

STEP 1



Supine Static Chest Stretch on Foam Roll

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and a foam roll positioned vertically along the middle of your back.

Movement

Lay your arms directly out to your sides with your arms resting on the floor. Hold this position. You should feel a stretch in your chest.

Tip

Make sure your back is laying flat against the foam roll during the exercise.

STEP 1



STEP 2



STEP 3



External Rotation Stretch (with Doorway)

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Standing Single Arm Low Row with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding the end of a resistance band in one hand, facing the anchor point.

Movement

With your palm up, pull your arm back against the resistance band, then return to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together.

STEP 1



STEP 2



Shoulder External Rotation with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Standing Single Arm Shoulder External Rotation in Abduction with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.

Movement

Slowly rotate your arm upward until your palm is facing forward and hold.

Tip

Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Shoulder Internal Rotation with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one arm bent at a 90 degree angle with your fist facing forward.

Movement

Rotate your forearm across your body so your fist is facing the opposite direction, then return to the start and repeat.

Tip

Make sure to keep your elbow tucked in at your side and maintain good posture during the exercise.

STEP 1



STEP 2



Standing Single Arm Shoulder Internal Rotation in Abduction with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arm out to the side, bent at 90 degrees, holding a resistance band anchored behind you at shoulder height.

Movement

Rotate your arm forward, without letting your elbow drop, then slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Standing Bicep Curls with Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position holding the ends of a resistance band that is anchored below one foot.

Movement

Pull up against the resistance band, bending your elbows. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Tricep Extensions with Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, with your arms bent and elbows tucked at your sides, holding each end of a resistance band that is anchored above your head.

Movement

Straighten your elbows, pulling against the resistance band, then slowly bring them back to the starting position and repeat.

Tip

Make sure to keep your elbows tucked at your sides and move your arms slowly.

STEP 1



STEP 2



Seated Scapular Retraction

SETS: 3 | REPS: 10 | SECONDS: 5 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

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

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Scapular Retraction with Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your elbows bent and tucked at your sides, holding the ends of a resistance band that is anchored in front of you.

Movement

Squeeze your shoulder blades together and downward, pulling against the resistance band. Hold this position, then relax and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Prone Scapular Retraction and Row

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

Gently squeeze your shoulder blades together, then bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

Tip

Make sure to keep your arm close to your side and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Prone Single Arm Shoulder Horizontal Abduction with Scapular Retraction and Palm Down

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with one arm hanging off the edge of a bed.

Movement

Raise your arm straight out to your side with your palm down. Slowly lower your arm back down, then repeat the movement.

Tip

Make sure not to arch your back or shrug your shoulder as you lift your arm.