

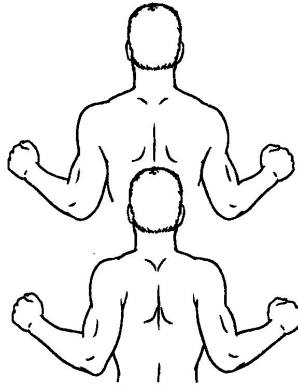
Scapular Posture & Shoulder

Scapular Posture

1A - Scapular Squeeze

With elbows bent to 90°, pinch shoulder blades together behind you as if you were cracking an egg, rotating arms out

Repeat 10 times
3 sets per session
2 sessions each day



1B - Scapular Clock

With arms at your side, shrug your shoulders up, back, forward, down.

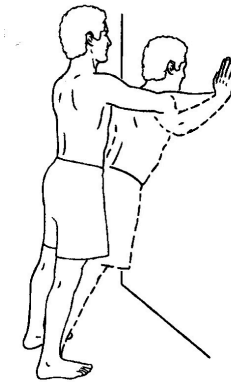
Repeat 10 times
3 sets per session
2 sessions each day



1C - Wall Push ups

With arms slightly wider than shoulder width apart, and feet 24 inches from wall, gently lower your body toward the wall, then push up.

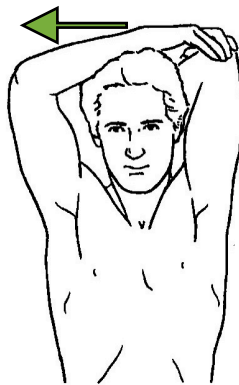
Repeat 10 times
3 sets per session
2 sessions each day



2A- Overhead Stretch

Put your left arm over your head - bent at the elbow. Take your right hand, grasp the elbow, and pull to the right

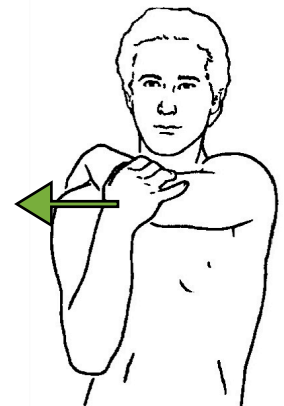
Hold 20 seconds
Repeat 3 times
2 sessions each day



2B - Cross Chest

Take your left arm across your chest. Use your right hand to pull your left elbow across, close your chest

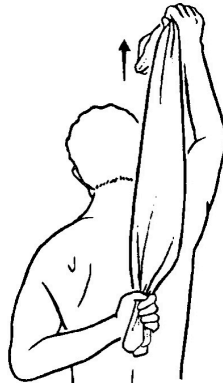
Hold 20 seconds
Repeat 3 times
2 sessions each day



2c - Behind the Back

Place your left hand behind your back. Using a towel, pull the left arm up with your right hand.

Hold 20 seconds
Repeat 3 times
2 sessions each day



Shoulder Stretches