Scapular Retraction

Draw your shoulder blades back as if you were trying to squeeze them together.

Sets: 3

Reps: 10

Perform: 2x per day

Prone Y

Lie face down with your elbow straight and arms over your head in the 10 and 2 o'clock positions. Squeeze your shoulder blades together as you slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

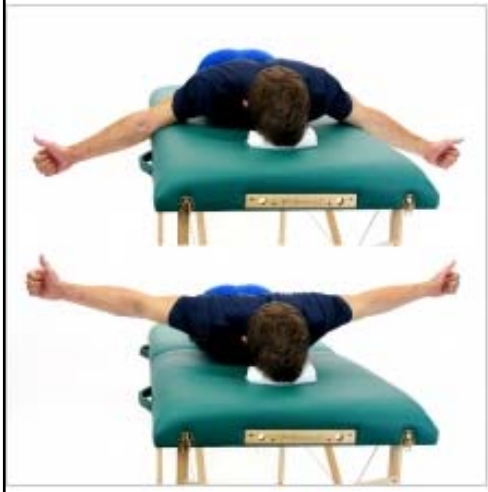
Your thumbs should be pointed up towards the ceiling as your arm raises.

Sets: 3

Reps: 10

Perform: 2x per day

Prone T



Lie face down with your elbow straight and arms out to the side. Squeeze your shoulder blades together as you slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

Your thumbs should be pointed up towards the ceiling as your arm raises.

Sets: 3

Reps: 10

Perform: 2x per day

No Money

While holding an elastic band with your elbows bent, pull your hands apart and squeeze your shoulder blades together. Keep your elbows near the side of your body.

Sets: 3

Reps: 10

Perform: 2x per day

Isometric Shoulder 6-way

Gently press your affected arm in different directions as shown with about 2 lbs of pressure. You may press into a wall or 2 fingers from your other hand.

Repeat: 10 times

Hold: 6 seconds

Perform: 2x per day

Shoulder External Rotation

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Sets: 3

Reps: 10

Perform: 2x per day

Shoulder Internal Rotation

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Sets: 3

Reps: 10

Perform: 2x per day