



Instructions

Each exercise should be performed for 10 repetitions or 3 x 10 second intervals for the isometric exercises.

For single limb exercises, make sure to complete a set on each side.

Start the exercises slowly and perform within your capabilities.

Stop if there is any significant increase in discomfort.



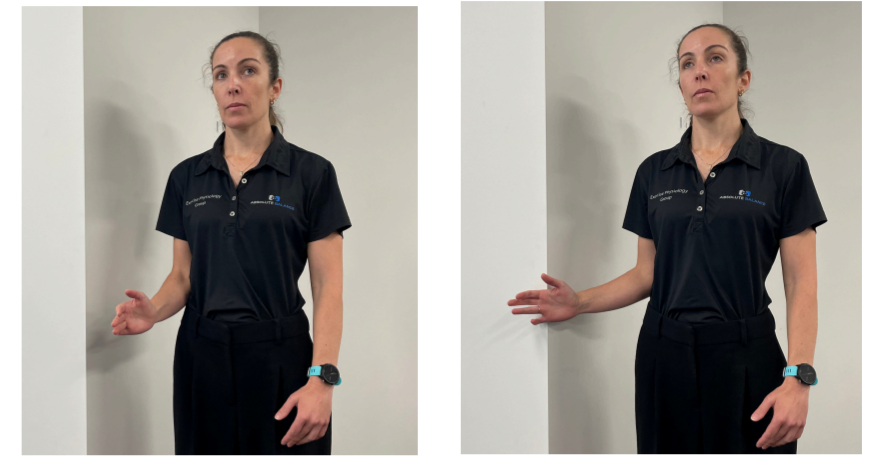
Strength

1. External Rotations - Band or Isometric



Start: Stand with your elbow bent to 90 degrees, arm tucked to the side and your hand holding the resistance band that is tied to a fixed object.

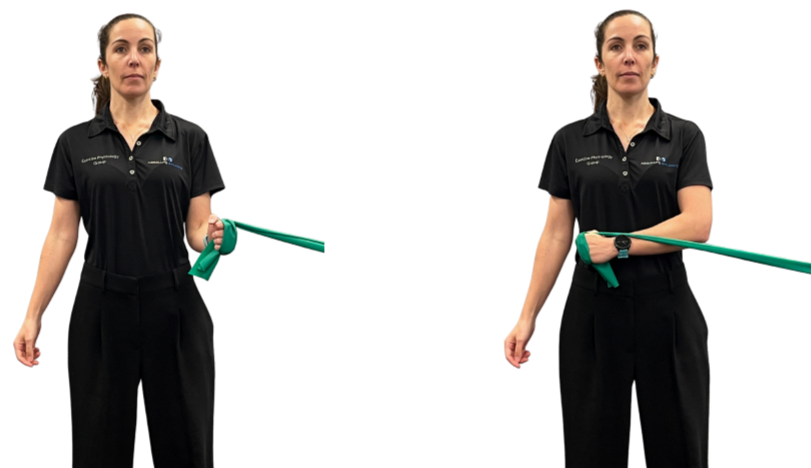
Action: Rotate your hand outwards against the resistance ensuring your elbow remains in contact with the body.



Stand side on to a door frame/wall with the closest elbow to the wall bent to 90 degrees. Alternatively, use your other arm to provide resistance.

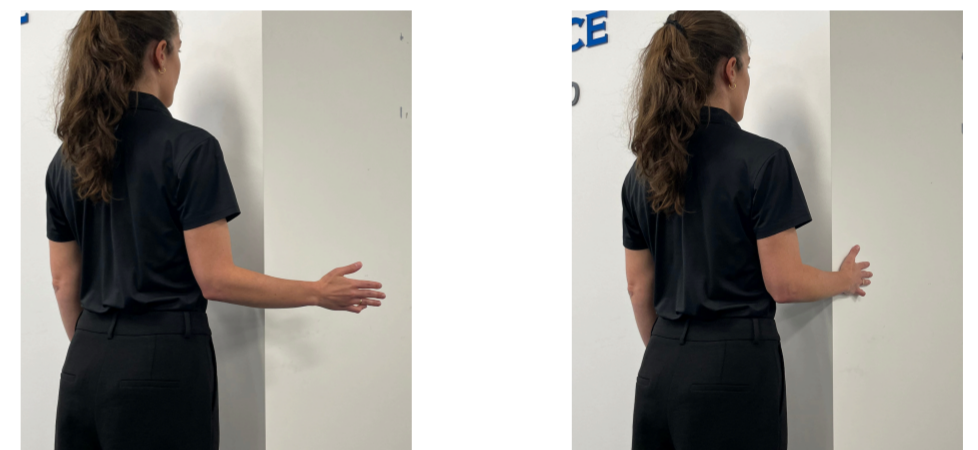
While keeping your elbow by your side, push your hand outward against the wall.

2. Internal Rotations - Band or Isometric



Start: Stand with your arm by your side, elbow bent to 90 degrees, and your hand holding the band that is tied to a fixed object.

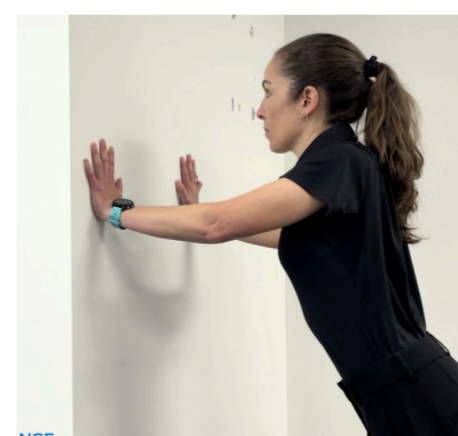
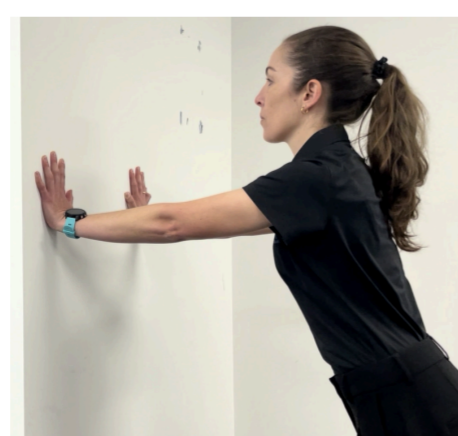
Action: Rotate your hand inwards against the resistance ensuring your elbow remains by your side.



Stand facing a door frame/wall corner, your elbow bent to 90 degrees. Alternatively, use your other arm to provide resistance.

While keeping your elbow by your side, push your hand inward against the wall.

3. Scapula Push Ups



Start: Stand approximately arms length from a wall, place hands on the wall and assume a push up position.

Action: Keeping arms straight, lower chest towards the wall drawing shoulder blades together. Push body away from wall moving shoulder blades apart to round out through the upper back..

Mobility

1. Shoulder Rolls



Start: Stand in a neutral posture with your arms relaxed by your sides.

Action: Shrug your shoulders up then backwards in a circular motion. Complete 10 repetitions.

2. Protraction - Retraction



Start: Stand in neutral position, bend elbows to 90 degrees with palms facing each other.

Action: Move arms forward rounding out through shoulders as you extend through elbows. Reverse movement, bending elbows to and drawing shoulder blades together to draw the elbows passed the body. Complete 10 repetitions.

3. Standing Book Openers



Start: Stand in a split stance with your feet parallel, near a wall. The foot closest to the wall should be placed at the back of the split stance position. Have your arms extended in front at shoulder height with both palms together.

Action: Keeping your hips facing forward, rotate your torso directing your outside arm away from the wall. Follow your hand with your head until you feel a stretch in the mid-back. Pause briefly then rotate back to the starting position. Complete 5 repetitions.



Instructions

Each exercise should be performed for the required number of repetitions.

For single limb exercises, make sure to complete a set on each side.

Start the exercises slowly and perform within your capabilities.

Stop if there is any significant increase in discomfort.



Stretching



Instructions

Each stretch should be performed for 30 seconds.

For single limb exercises, make sure to complete 30 seconds on each side.

Start the exercises slowly and perform within your capabilities.

Stop if there is any significant increase in discomfort.



1. Pectoral Stretch



Start: Stand side on to a wall and place one hand and forearm flat against the wall, so that the arm is at 90-degrees to the body and elbow is flexed at 90-degrees.

Action: Gently rotate your upper torso away from the wall until you feel a stretch in the pectoral muscle of the chest.

2. Cross Arm Stretch



Start: Stand in a neutral position with arms by side.

Action: Cross one arm across the body at chest height, use the opposite arm to assist the stretch by guiding the arm closer to the body.

3. Rhomboid Stretch



Start: Stand in neutral position with hands clasped in front of body.

Action: Raise arms upwards to approximately chest height and round out through shoulders to move hands further from body.