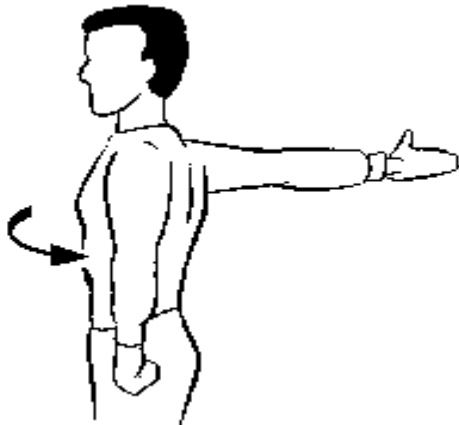


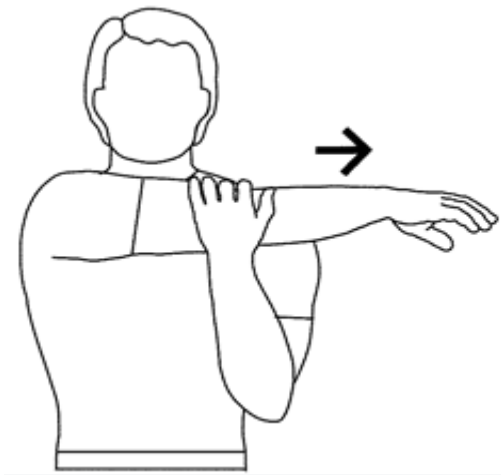
Week 2 - All these exercises are to be done twice daily. There is also a video link below the picture for a visual explanation of the exercise.



### **Pectoral Stretch**

Stand in an open doorway. Raise one arm up to a 90-degree angle with palms facing forward. Rest your palm on the door frame and slowly step forward with one foot. Feel the stretch in your shoulders and chest. Stand upright and don't lean forward to deepen the stretch. Rotate your body away from the door frame. Repeat this stretch on both sides for 30 seconds repetitions x 3 sets.

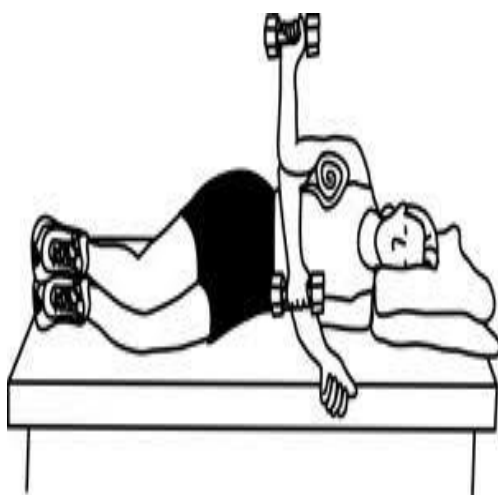
<https://youtu.be/s6Z0DtQFrMs>



### **Posterior shoulder stretch**

Start in a natural position, standing with your feet hip width apart and arms relaxed down by your side. Bring one arm across your chest while placing the other above your elbow. Using the arm which is holding the opposite elbow, add a gentle amount of pressure towards to feel the stretch in the posterior region of your shoulder. Please ensure that your shoulders are in a resting position and not raised up towards your ears. Repeat this stretch on both sides for 30 seconds repetitions x 3 sets.

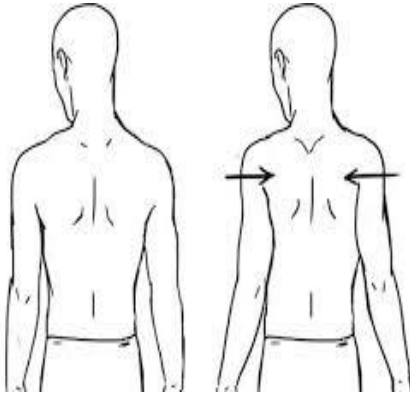
[https://youtu.be/\\_7bPnm80pww](https://youtu.be/_7bPnm80pww)



### **Active external rotation lying on the side with towel.**

Lie on your side and keep a neutral spine (your body's natural shape), place a pillow under your head for support and place a towel between your waist and elbow on the raised side of your body. Keep your top arm in contact with the towel at all times and from an elevated position, rotate the arm at the elbow down towards the table, and then back up to the elevated position. Repeat this 5-10 repetitions x3 sets, three times a day.

<https://youtu.be/IMTiMlpfmCw>



<https://youtu.be/u-iisLXaHok>

### **Active scapula retraction (posture correction).**

Start in a natural position standing with feet hip width apart. Relax your shoulders down by performing one backwards shoulder roll. Then retract your shoulders back, as if you were trying to squeeze a banana between your shoulder blades. Repeat this 5-10 repetitions x2 sets.



<https://youtu.be/P-tSLnkMCyU>

### **Active bilateral external rotation.**

Start in a natural position standing with feet hip width apart. Keeping your elbows bent into a 90 degree position, use a resistance band or dressing gown belt and pull the band/belt apart using a lot of muscle control and then back to the starting position. Repeat this 5-10 repetitions x2 sets.