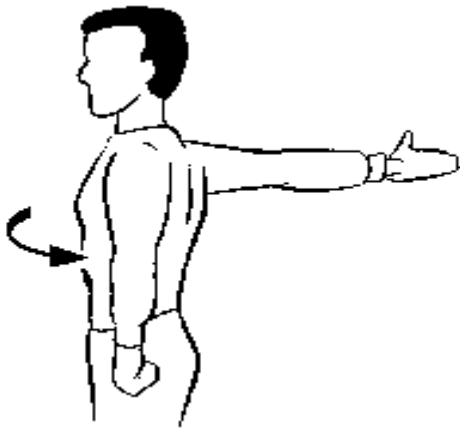


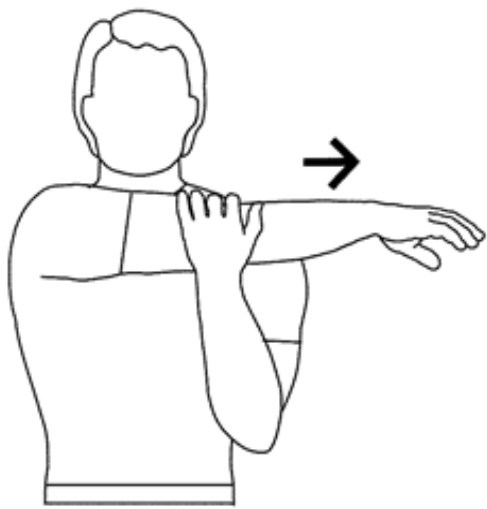
Week 3 - All these exercises are to be done twice daily. There is also a video link below the picture for a visual explanation of the exercise.



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.

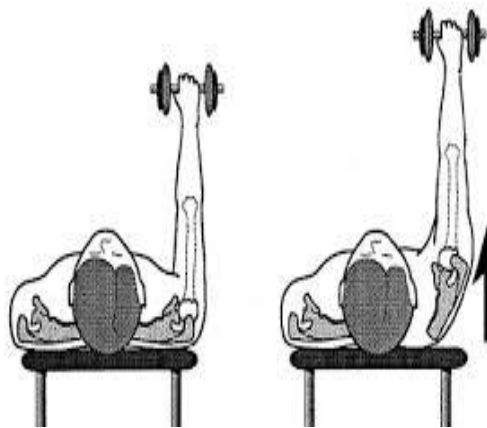
<https://youtu.be/s6Z0DtQFrMs>



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.

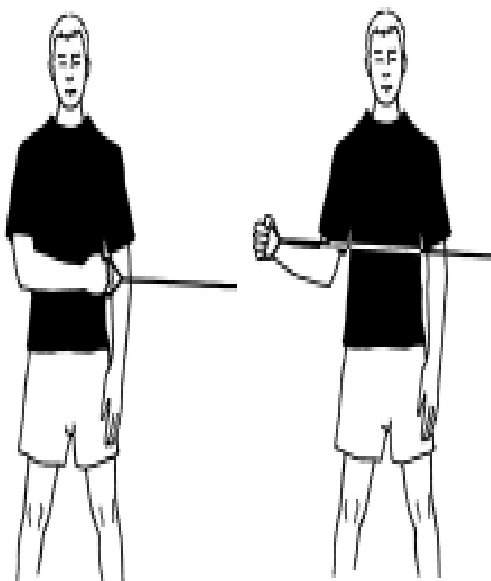
https://youtu.be/_7bPnm80pwg



Protraction with straight arm and a light weight (tin of beans) in your hand lying supine (back).

Lie supine on the floor. Start with your arm raised towards the ceiling while holding a light weight (or tin of beans), then push the shoulder on the same side towards the ceiling, keeping a tight core. Repeat this 10 -15 repetitions x3 sets.

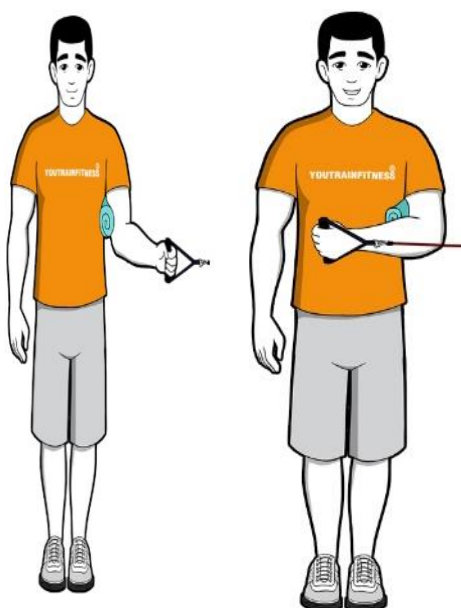
<https://youtu.be/nsnPXuz-zeQ>



Dynamic external rotation with band

Start in a natural position standing with feet hip width apart. Place the band on a secure door handle with the door closed. Stand sideways to the door. With the arm which is furthest from the door, bend it at the elbow so that your forearm is at 90 degrees to the floor. Bring this arm across your body towards to door so that your forearm rests across your stomach. Place a towel between your bent elbow and your body. Holding the band in your hand (with the other end attached to the door handle), rotate your arm at the elbow away from the door as far as you can. Repeat this 10-15 repetitions x3 sets. Repeat this on both sides.

<https://youtu.be/-E7Hdq6-iXA>



Dynamic internal rotation with band

Start in a natural position standing with feet hip width apart. Place the band on a secure door handle with door closed. Stand side on towards the door starting with your elbow closest to the door bent into a 90% position ensuring there is an arm width gap between you and the door. While also resting a towel in the arm holding the band between your waist, start with your arm out towards the door (external rotation) and then bring your arm (keeping the 90 degree position) in towards your belly button. Repeat this 10-15 repetitions x3 sets. Repeat this on both sides.

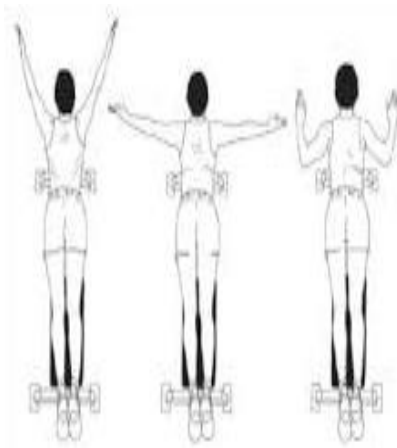
https://youtu.be/DeANuYk_z8E



Shoulder mobility

Start on your hands and knees, keep your arms straight and make sure your wrists are in line with your shoulders. Place a piece of paper underneath one hand, then slide this arm forward as far as you can without having to bend your other arm. Then return this arm to the original position. Repeat this exercise 10-15 repetitions. Repeat on each arm x2 sets.

<https://youtu.be/bgtJ-qWf1t0>



Y W T (Shoulder depression and scapula retraction)

Lie face down on a stable surface and pull your shoulders back and down to squeeze them together. Start with your arms positioned in a Y, then bring down to shoulder height into a W with the elbows keeping into your sides and then extend into a T. Squeeze your shoulder blades together (back and down) at all times. Do not let your arms touch the floor at any point. Please note that this image is in the wrong order. Do 10-15 repetitions x2 sets.

<https://youtu.be/O2696cRM4Zw>