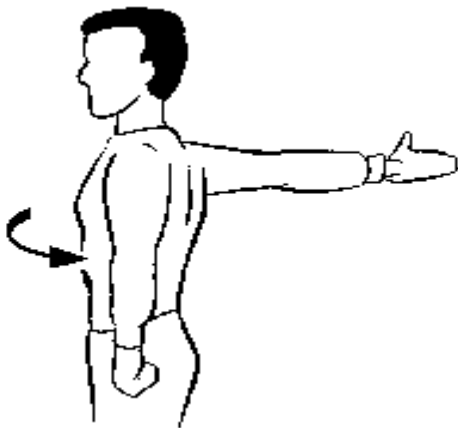


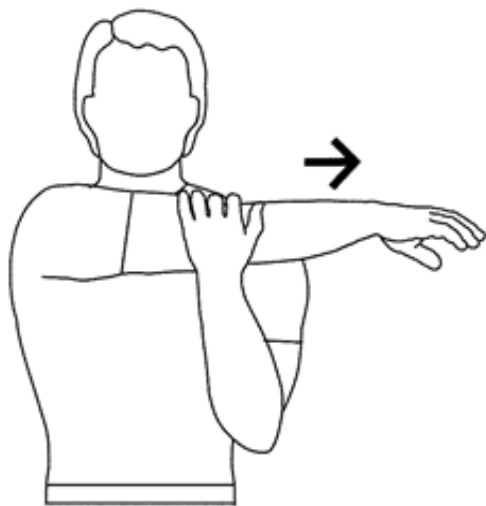
Week 4 - All these exercises are to be done twice daily. There is also a video link below the picture for a visual explanation of the exercise.



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.

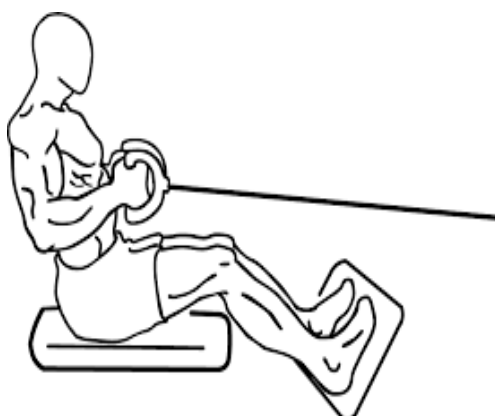
<https://youtu.be/s6Z0DtQFrMs>



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.

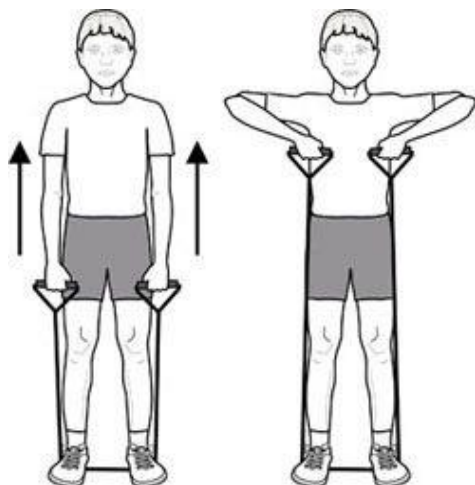
<https://youtu.be/7bPnm80pwg>



Mid/low traps seated row

Sitting on a stool, keeping your core tight and your spine in a neutral position. Place the band on a secure door handle with door closed. Facing towards the door, hold your resistance band with your thumbs pointing towards the ceiling and keeping your feet on the floor. Then pull the resistance band in towards your chest while keeping your elbows close to your body. Repeat 10-15 repetitions x3 sets.

https://youtu.be/xq-_R7A-0Gs



<https://youtu.be/IM75s3uw7R8>

Unilateral upright row with theraband

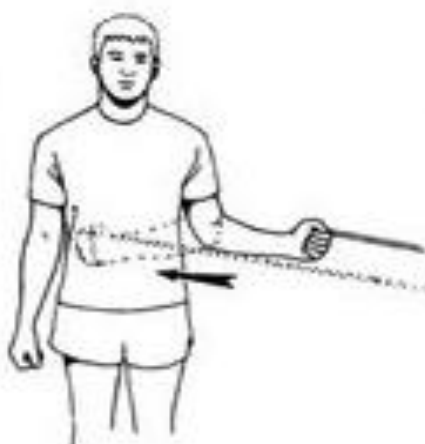
Start in a natural position standing with feet hip width apart, while standing on the theraband. Ensure that the theraband is under the arch of your feet to prevent it from slipping. Hold the ends of the theraband in either hand, whilst having both arms relaxed in front of you for the starting position. Bring your arms up towards shoulder height, keeping your hands in-line with your body. Then slowly return to the starting position. Repeat 10-15 repetitions x3 sets.



<https://youtu.be/QzGOPAvsvkA>

Eccentric external rotation

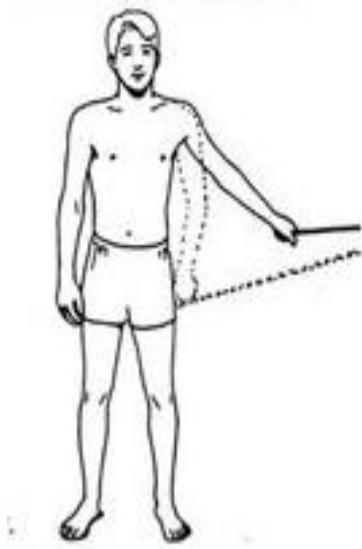
Start in a natural position standing with feet hip width apart. Place the band on a secure door handle with door closed. Stand side on towards the door. Using the arm furthest away from the door, start with your elbow bent into a 90% position and rest on your arm on your belly while also resting a towel between your arm and your waist. Use your other hand to push the arm out from your body and then slowly move your arm holding the band back in towards the belly. Repeat 10-15 repetitions x3 sets on both sides.



<https://youtu.be/XxvBixTjvtk>

Eccentric internal rotation

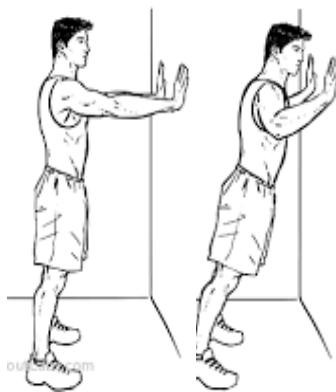
Start in a natural position standing with feet hip width apart. Place the band on a secure door handle with door closed. Stand side on towards the door. Using the arm closest to the door, start with your elbow bent into a 90% position your hand pointing towards the door. Rest a towel between your arm and your waist. Slowly bring your arm across your body, keeping the elbow at 90 degrees. Then slowly move your arm back into the starting position. Repeat 10-15 repetitions x3 sets on both sides.



Eccentric abduction

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 shoulders back and down. Hold the band in the arm further away from the door and extend your arm out to shoulder height. Your arm should be level with your shoulders, but should be pointing slightly forward (about 30 degrees away from being straight in line with your shoulders), and keep a slight bend in your elbow. Slowly lower your arm towards your body so that your hand finishes in your crotch region. Then raise your arm slowly back to the original position. Repeat 10-15 repetitions x3 sets on both sides.

<https://youtu.be/ealYx9qmBBM>



Wall Press

Face a wall, standing a little farther than arm's length away with feet shoulder-width apart. Keeping your core tight, lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart. Slowly breathe in as you bend your elbows in towards your side and lower your upper body toward the wall in a slow, controlled motion. Hold the position for 1 second. Breathe out and slowly push yourself back until your arms are straight. Repeat 10-15 repetitions x3 sets.

<https://youtu.be/MKxI1peg4HY>