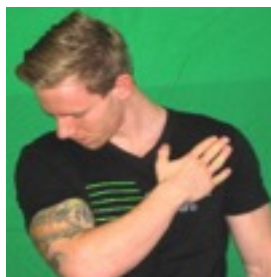
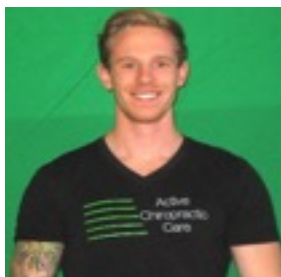
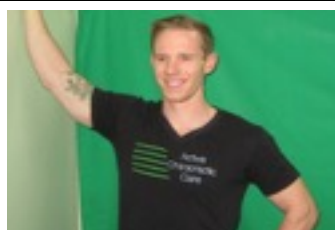


Upper Trapezius stretch: Perform to both sides holding 10 - 15 seconds each.
Head is looking straight ahead. * Lower the shoulder on the side you are stretching.



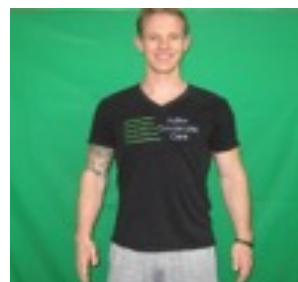
Levator Scapulae stretch: Perform to both sides holding 10 - 15 seconds each.
Head is looking 45° down on an angle. * Lower the shoulder on the side you are stretching.



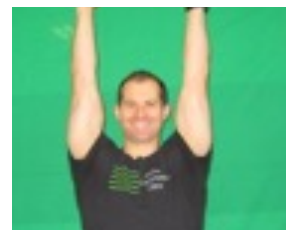
Pectoralis major and minor stretches: Perform 3 sets on each side holding 15 - 30 seconds.
(Reverses forward shoulder posture). *Perform with arms both at 90 degrees and 145 degrees.



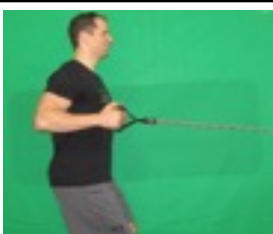
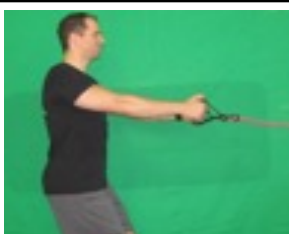
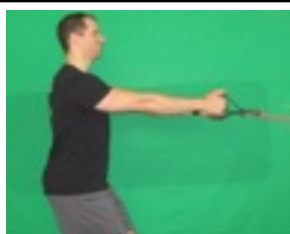
Rotator cuff muscle stretches : Hold each stretch variation for 15 - 30 seconds on each side.
*The rotator cuff muscles are small and only require a light stretch.



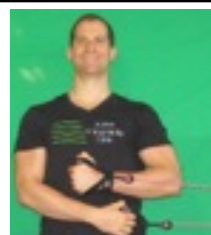
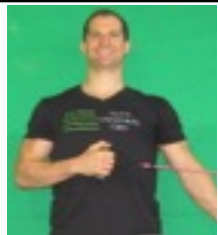
Bruggar's stretch: Perform 3 sets holding 15 seconds. *Squeeze shoulders back and down.
* Do not perform exercises if you have any discomfort.



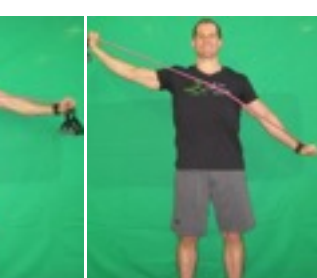
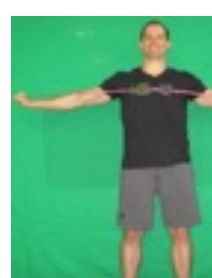
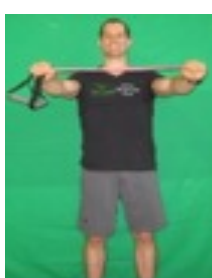
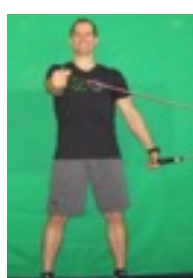
I's, Y's, T's exercises : Perform 3 - 5 repetitions in each direction.
(Active Dynamic movement for the shoulder girdle). *Keep shoulders back and down.



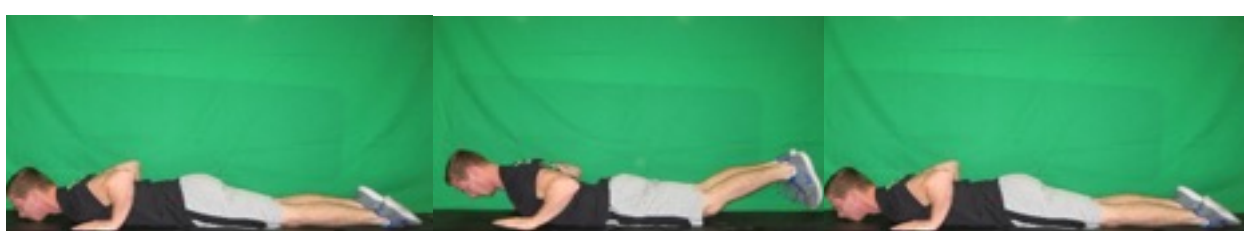
Scapular retraction exercise : Perform 2-3 sets of 10 - 15 repetitions.
1.) Retract shoulders 2.) Row to chest 3.) Straighten arms - shoulders back 4.) Relax shoulders



External and Internal rotation exercises : Perform 2-3 sets of 10 - 15 repetitions.
(Strengthens rotator cuff muscles that stabilize the shoulder and hold it in place).



Straight arm abduction exercises : Perform 3 sets of 10 - 15 repetitions of each variation.
(Strengthen the muscles of the shoulder and upper middle back).



Superman exercise: Perform up to 3 sets of 10 - 15 repetitions. *Hands and feet lift off floor.
(Strengthens the lower back and postural muscles). * Hold each repetition for 2 - 5 seconds.

* Do not perform exercises if you have any discomfort.