



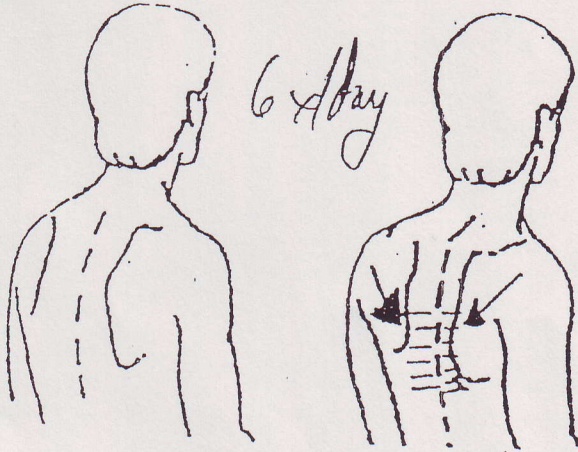
Nose Creek

Sport Physical Therapy

Get moving.....faster!

1.) Scapular Retractor Strengthening Exercises:

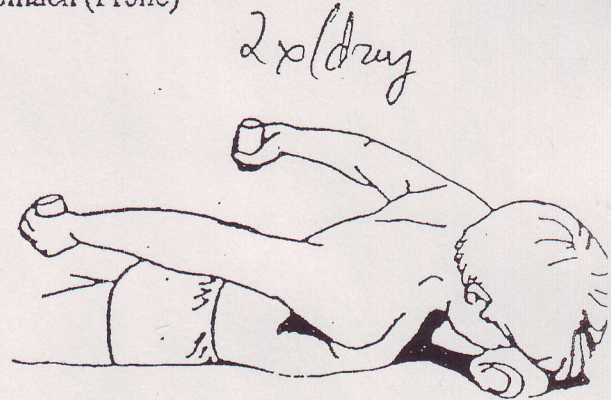
a.) in sitting or standing against a wall



6 x/day

Arms relaxed at side, pull your shoulder blades "Down and In" towards your spine.
Hold for 10 seconds, then relax for 10 seconds.
Repeat 10 times.

b.) On stomach (Prone)



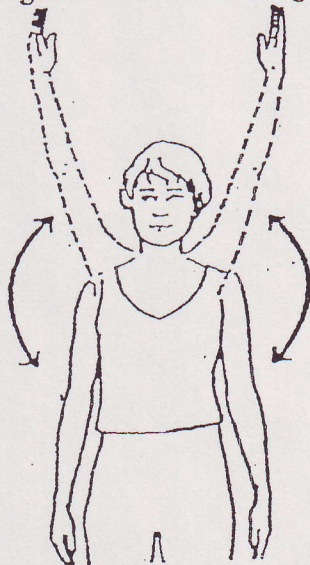
2 x/day

Am / PM

Raise straight arms off floor until horizontally in line with trunk
Palms face the floor.
Pull Shoulder Blades "Down and In"
Hold for 10 seconds, then relax for 10 seconds, Repeat 10 times.

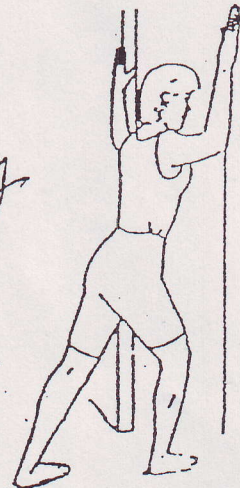
2.) Shoulder Girdle Stretches:

a.) Standing Shoulder Flexion against a wall/post.



Standing against wall/post raise your straight arms As high as possible until you feel a stretch
Palms face the ceiling, then the wall above you.
Hold at end range for 10 seconds, then slowly Lower arms, Repeat 10 times.

b.) Doorway. (chest)



2-3 x/day

Arms on doorway at elbow height
Place one foot through the doorway
Lean chest and hips through doorway until you feel a stretch.
Hold for 30 seconds, repeat twice.