



4 Week shoulder mobility Program

Please refer to the accompanying video for all teaching points

WEEK 1

1) Banded Upright Row



X 10 rows

2) Strap Rotations



X 10 rotations

6) Windowsill Stretch!



5-10 breaths

3) Cactus Wall Arms



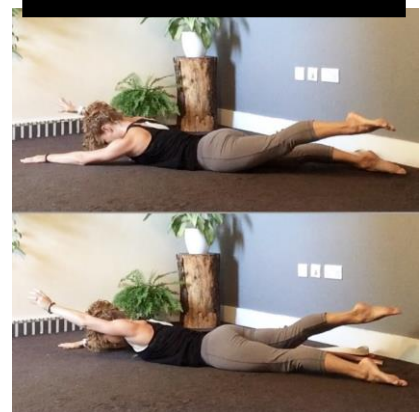
5-10 deep breaths

5) Seated Pole Twists



Static x 5 breaths into 10 x twists

4) Prone Superman



X 10 reps each side

WEEK 2

1) Kneeling scapula press



X 10 reps



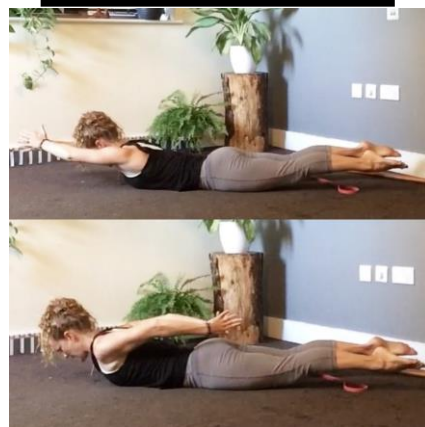
2) Puppy Pose



X 10 breaths



3) Swimming locust



X 10 arms sweeps



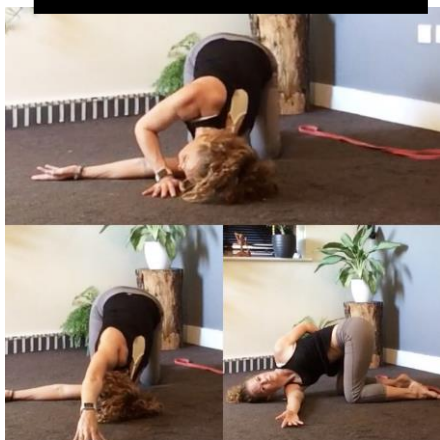
1) Banded rear shoulder squeeze



X 10 reps



5) Threading the needle



X 3 breaths each side



4) Upper Back Pole twists



X 10 twists each side

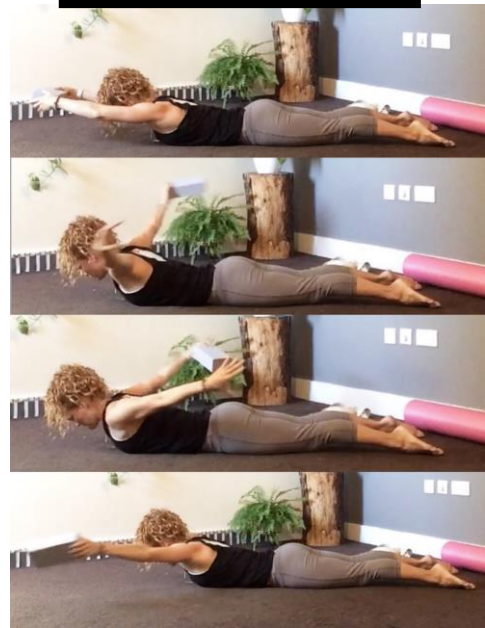
WEEK 3

1) Posterior shoulder circles



X 10 circles each way

2) Locust block pass



X 5 passes each way

6) Lying Opener



X 3 arm sweeps each side

3) Figure 8 Grip



With or without strap – count to 10 (each side)

5) Foam roller back extension



Move up and down the bolster without pain.

When in extension, hold for a count of 5

4) Fwd fold arm raise



X 5-10 reps (hold for 5 seconds each rep)

WEEK 4

1a) Chest Stretch



3 deep breaths

1b) Chest Stretch load



5 lifts

1c) Easy Wild Thing



X 2 each side

5) Scapula Protraction on toes



X 5-10 reps

2) 1/2 Press ups



X 5-10 reps

4) Wall facing squat



X 5-10 reps

3) Pole Rotations



X 5-10 rotations