



Shoulder Retraction

Sitting or standing in readiness position. Hold tubing out in front at chest level keeping elbows straight and palms facing down. Pull tubing straight back by squeezing through the mid back and shoulder blades. Hold, return to start and repeat.

Sets:	3
Reps:	15
Weight:	
Hold:	
Rest:	30sec
1x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Serratus Punch - Unilat

Attach tubing behind body at shoulder level. Hold tubing straight out in front with palm down and elbow slightly bent. Straighten elbow and reach straight forward (protraction) pulling tubing. Return to start position and repeat.

Sets:	3
Reps:	15
Weight:	
Hold:	
Rest:	30sec
1x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Prone Trunk Extension

Lying on stomach propped up slightly with hands. Tuck chin in and depress shoulder blades to avoid shrugging. Exhale and lift chest up from the floor. Do not look up with the head as the chest is lifted. Hold, fully exhale and return to start position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Spinal Twist Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Rotate trunk and raise one arm up as though to reach to the ceiling. Lower arm to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Scap. Retract. Prone 90/90

Lying on stomach with a towel placed under pelvis. Place arms out to the sides with elbows bent 90°. Raise arms up off the floor squeezing between the shoulder blades. Avoid shrugging shoulders.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wall Push Ups

Standing in readiness position about 3 feet from wall holding ball against wall. Perform push ups on ball while maintaining postural alignment.

Sets:	2-3
Reps:	10-20
Weight:	
Hold:	
Rest:	20-30
1 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31