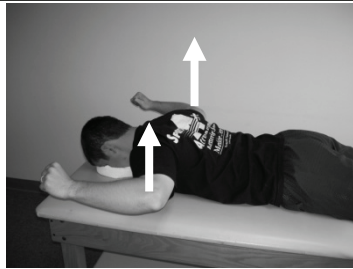


# Shoulder Scapulothoracic

## PINCH SHOULDER BLADES (FLEX ARMS)



1. Lie on belly with elbows at 90 degrees out to side.
2. Keeping shoulders down (away from ears). Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1X day

## PINCH SHOULDER BLADES (EXTEND ARMS)



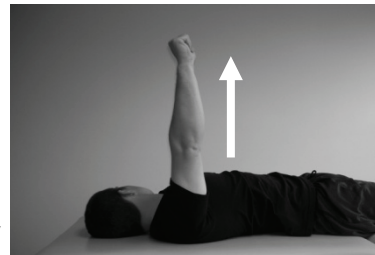
1. Lie on belly with arms resting at sides
2. Pinch shoulder blades together
3. Now, raise arms off table as shown
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1X day

## ARM EXTENSION (45 degrees Abduction)



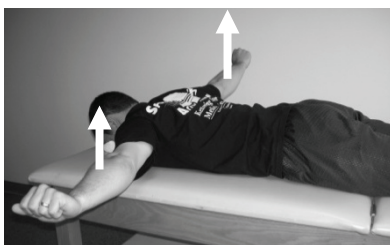
1. Lie on belly with \_\_\_ arm off edge of bed as shown
2. Raise arm upward, with arm at 45 degrees away from body. (Careful not to break the plane of the body)
3. Hold 2-3 seconds and slowly lower
4. 10 repetitions, up to 3 sets, 1X day

## JAB PUNCH



1. Lie on back with \_\_\_ arm pointed upward as shown
2. Raise shoulder off floor as you push fist toward ceiling
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1X day

## PRONE FLYS



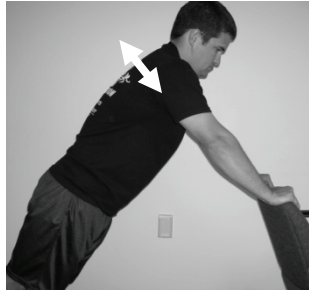
1. Lie on belly with arms at 90 degrees out to side
2. Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1X day
6. Repeat with thumb facing forward, up and down

## PINCH SHOULDER BLADES (FLEX ARMS)



1. Lie on belly with arms overhead as shown
2. Pinch shoulder blades together
3. Raise arms 1-3 inches off floor
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1X day

## PUSH UP PLUS



1. Assume position on floor/chair as shown
2. Push against chair and extend shoulder blades
3. Hold 2-3 seconds and slowly lower (Progress to prone, then elevated prone)
4. 10 repetitions, up to 3 sets, 1X day

## DIPS



1. Support yourself in an armchair as shown
2. Press shoulders downward, while concentrating on holding shoulder blades stable and keeping shoulders away from your ears
3. Support part of your body weight with legs as needed
4. Hold 2-3 seconds and slowly relax
5. 10 repetitions, up to 3 sets, 1X day

## CRYOTHERAPY

\_\_\_\_\_ MINS \_\_\_\_\_ X per day

Ice Cup

Ice Bag

Staff \_\_\_\_\_

Phone \_\_\_\_\_