

STEP 1



STEP 2



Seated Shoulder Flexion Towel Slide at Table Top

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting facing a table or counter top with your hand resting flat on a towel.

Movement

Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

Tip

Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.

STEP 1



STEP 2



Child's Pose Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours.

Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

STEP 1



STEP 2



Seated Shoulder Abduction Towel Slide at Table Top

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting to the side of a table with your hand resting flat on a towel.

Movement

Slowly bend sideways, pushing the towel out to the side across the table. Return to the starting position and repeat.

Tip

Try to avoid shrugging your shoulder during the exercise and keep your movements slow and pain-free.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



Standing Shoulder Posterior Capsule Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

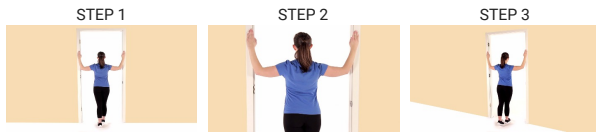
Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Standing Wrist Flexion Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.



Wrist Prayer Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

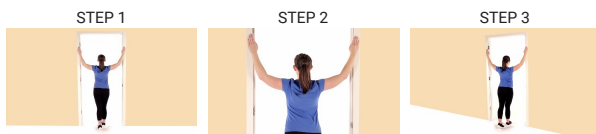
Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.



Doorway Pec Stretch at 120 Degrees Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

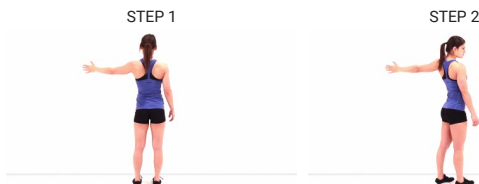
Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your hands on the sides of the doorway at roughly a 120 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Standing Pec Stretch at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

Movement

Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

Tip

Make sure to only move in a pain free range of motion.

STEP 1



STEP 2



Standing Overhead Triceps Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Standing Sleeper Stretch at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with one arm bent 90 degrees across your body, and your shoulder resting against a wall.

Movement

Lean into the wall and apply a gentle downward pressure on your bent arm, just above your wrist, until you feel a stretch in your shoulder and hold.

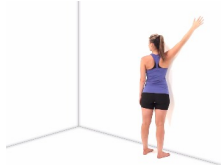
Tip

Make sure to apply pressure at your wrist and not your hand.

STEP 1



STEP 2



Single Arm Pec Stretch at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright position facing a wall.

Movement

Place one arm out and diagonally up against the wall, then gently rotate your body away from your arm until you feel a gentle stretch in your chest, and hold.

Tip

Make sure not to shrug your shoulders and try not to arch your back during the exercise.

STEP 1



STEP 2



Latissimus Dorsi Stretch at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, facing a wall.

Movement

Lift one arm straight overhead and rest it on the wall with your thumb pointing out. Rotate your body away from your arm, leaning into the wall and hold.

Tip

Make sure to keep your movements smooth and controlled.

STEP 1



STEP 2



STEP 3



Child's Pose with Thread the Needle

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours.

Movement

Slowly sit your hips back towards your heels, then reach one arm under your trunk, allowing your shoulders to rotate and hold. Repeat on the opposite side.

Tip

Make sure to keep your neck relaxed and look at your hand as you move your arm.

STEP 1



STEP 2



Quadruped Full Range Thoracic Rotation with Reach

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours.

Movement

Lift one arm out to your side, then to the ceiling, rotating your trunk at the same time. Next, reach that arm all the way under your body, through your opposite arm and leg, rotating your trunk in the opposite direction. Repeat these movements.

Tip

Make sure to keep your movements smooth and controlled. Follow your arm with your head as you move.

STEP 1



STEP 2



Quadruped Thoracic Rotation - Reach Under

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours.

Movement

Slowly reach one arm under your trunk, allowing your upper body to rotate toward that side.

Tip

Make sure to keep your hips level during the exercise.