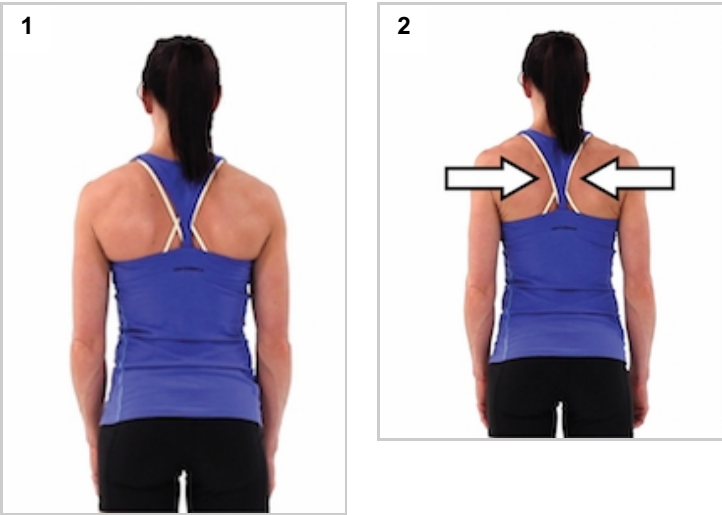


Standing Scapular Retraction

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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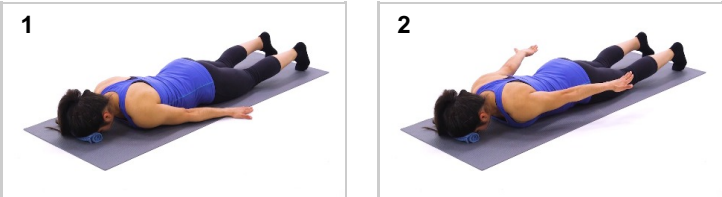
Setup
Begin in a standing upright position with your arms resting at your sides.

Movement
Gently squeeze your shoulder blades together and down, then relax them and repeat.

Tip
Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Prone Scapular Slide with Shoulder Extension

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup
Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

Movement
Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

Tip
Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

Prone Scapular Retraction Arms at Side

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup
Begin lying face down with arms resting on the ground straight to your sides.

Movement
Lift your arms toward the ceiling keeping your elbows straight.

Tip
Think of squeezing your shoulder blades together as you lift your arms.

Prone Scapular Retraction in Abduction

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup
Begin lying face down with your elbows bent at 90 degrees and your arms resting on the ground directly to your sides. Your forehead should be resting on a small towel roll.

Movement
Lift your arms toward the ceiling keeping your elbows bent at 90 degrees.

Tip
Think of squeezing your shoulder blades together as you lift your arms.

Prone Alternating Arm and Leg Lifts

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

Begin lying on your front, with your arms and legs stretched straight.

Movement

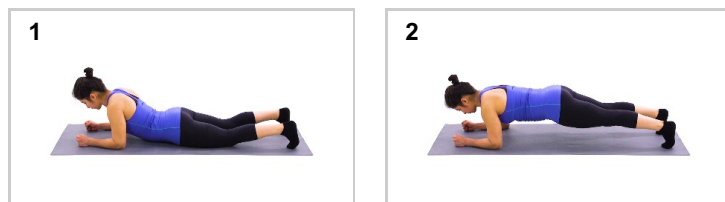
Keeping your elbow and knee straight, raise one arm and your opposite leg at the same time, then lower them and repeat on with your other arm and leg.

Tip

Make sure to keep your forehead in contact with the ground and do not let your back arch during the exercise.

Standard Plank

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

Begin lying on your front, propped up on your elbows.

Movement

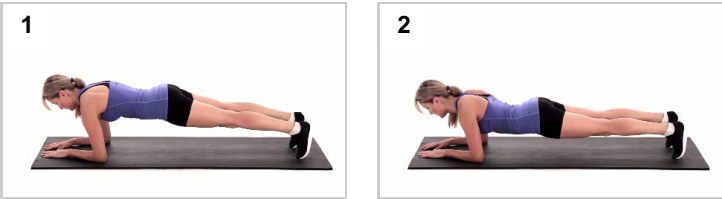
Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Plank on Forearms with Scapular Protraction Retraction AROM

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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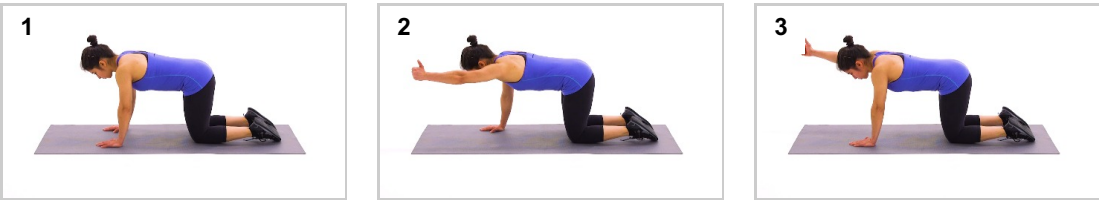
Setup
Begin on all fours with your arms straight under your shoulders.

Movement
Lower onto your forearms and lift your legs up into a plank position. Slowly round your upper back, pulling your shoulder blades apart. Hold briefly, then lower back down, squeezing your shoulder blades, and repeat.

Tip
Make sure to keep your back flat and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

Quadruped Alternating Arm Lift

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
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Setup
Begin on all fours with your arms under your shoulders and knees under your hips.

Movement
Raise one arm forward with your thumb pointing toward the ceiling. Hold briefly, then lower it back to the starting position and repeat with your opposite arm.

Tip
Make sure to keep your back straight and maintain a gentle chin tuck during the exercise. Do not let your trunk rotate while moving your arm.

Bird Dog

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

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.