



**Active Sh. Hyperext. - Hands Clasped**

Standing tall with hands clasped behind back, palms facing down. Inhale. Exhale and keeping arms straight, raise arms up off back as far as possible. Avoid bending forward. Hold briefly at end position, inhale while returning to start position. Repeat motion.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 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

Notes:



**Pectorals - Wall**

Stand level with a doorway or wall and raise one arm as if to wave. Place forearm along door jam placing elbow approximately at shoulder height. Step one foot forward (keeping feet shoulder width apart), bend front knee. Gently lean chest straight forward to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 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

Notes:



**Lats Elbow Reach**

Fold arms together on top of head. Bend slightly to one side and direct the top elbow towards the ceiling to feel a stretch in the side and 'arm pit' area. Inhale deeply to increase stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 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

Notes:



**Rotator Cuff Self Traction**

Keeping shoulders square, reach one arm in front and across body and grasp wrist with opposite hand. Gently pull forward on wrist and take a deep breath in to feel a stretch in the back of the shoulder joint.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 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

Notes: