

HOME EXERCISE - SHOULDER

By Vincenzo Carone

Scapular retraction- Standing or sitting with good upright posture, squeeze shoulder blades together and down and hold for 5 seconds, repeat 10x for 3 sets. Do not shrug up.



Side lying external rotation- Lay on side and place small towel roll under arm, bend elbow to 90°, while maintaining same elbow angle rotate your shoulder bringing your arm towards the ceiling and lower back down under control. Repeat 10x for 3 sets on each arm.

Doorway pec stretch- Standing in a stagger stance position with one foot in front of the other place elbows and forearms on door jam as depicted in photo, slowly lean forward until you feel stretch in your chest and front of shoulders, hold for 30 seconds, repeat 3 times. Make sure to maintain neutral spine as to not arch and stress low back.

