

Shoulder Program 1



Standing Scaption to 120 Degrees

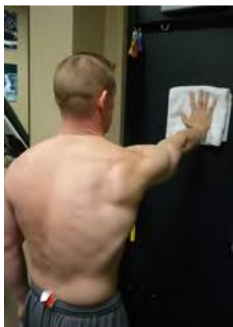
Start with arms at side and shoulder blades down and back. Raise arms at angle with thumbs up as shown in the picture. Begin with 2 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.



Standing Abduction to 90 Degrees

Start with arms at side and shoulder blades down and back. Raise arms out from body to shoulder height. Begin with 2 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.

Wall Scrub



Stand facing the wall with the arm fully extended and press a towel into a smooth surface. Maintaining pressure and with your shoulder blade fully pressed forward (protracted) make circles clockwise and then counter clockwise. Perform until you get a medium to heavy burn in the muscle in each direction.



Serratus Press

Begin exercise as pictured with your arm at your side and the elbow bent to a 90 degree angle. Raise your arm overhead as pictured while rotating your thumb outward. Pause at end range for 2 seconds and slowly return to the starting position. Begin with 2 lbs and progress up to 8 lbs. Perform until you get a medium to heavy burn in the muscle.



Side Lying External Rotation

Lie on your non-throwing side with a towel roll under your throwing arm lightly pressing your elbow toward your side and the elbow bent to a 90 degree angle. The

thumb is pointed up to start and is held in this position through the movement of the exercise. Rotate (raise) your arm out to the point where you feel it is blocked from moving anymore. Pause at this end range for 2 seconds and slowly return to the starting position. Begin with 1-2 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.



Side Lying Flexion

Lie on your non-throwing side with your throwing arm slightly lifted off of your hip, the elbow straight, and the palm facing the floor. While keeping your elbow straight, move your arm toward your head being sure to keep the hand at the same height that it was when you started the exercise (just above the hip). Stop when your hand gets to a position just above your head. Pause for 2 seconds and slowly return to the starting

position. Begin with 0-1 lbs and progress up to 5 lbs. Perform until you get a medium to heavy burn in the muscle.