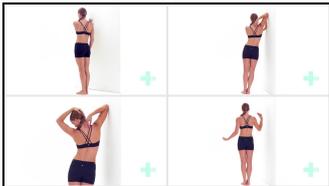


1. Levator scapula stretch

Start in a seated position. Place the hand of the side you want to stretch behind your back. Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade. Hold this stretch.

1 rep, 1 set, 1 s hold



2. Levator scapula stretch against wall

Stand sideways to a wall with your affected side closest. Lift the elbow of your affected side onto the wall as high as possible, resting the back of your hand against your neck and using your opposite hand to support yourself against the wall. Tilt your head away from the wall and drop diagonally down towards your chest. Use your other hand to increase the stretch. Hold this stretch.

1 rep, 1 set, 1 s hold



3. Median nerve glide - neck SF, GHjt abd, wrist flex/ext

Stand up straight with your affected arm held out to the side at shoulder level. With your inner forearm facing the ceiling, extend your wrist backwards so that your palm faces away. Keeping your gaze directly ahead, tilt your head towards this arm. Bend your elbow and straighten your wrist back to the neutral position, while simultaneously tilting your head away from this arm in the opposite direction. Continue this sequence in one fluid movement.

1 rep, 1 set



4. Bent-leg body twist variation - restricted mobility of the lower back

Lie on your back in the supine position with your legs bent and your feet flat on the floor. Extend your arms at a 45 degree angle to your trunk with your palms facing downwards. Raise your head just off the floor and keep your chin tucked in. Maintain contact between your knees and feet, and tighten your abdominal muscles for the duration of the exercise. Now rotate your legs to the left to the limit of your ability, make sure the opposite shoulder remains in contact with the floor throughout the movement. Move back to the neutral position and repeat, alternating sides for the desired number of repetitions. Do not rotate the legs to a point beyond which the arms and shoulders can no longer maintain contact with the floor. Perform this exercise in a slow controlled, manner within the range of your mobility.

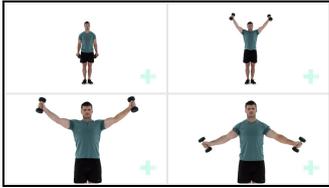
1 rep, 1 set, 1 s hold



5. Long sit rotation

Sit on the floor and raise your right leg and cross it over the left leg so your right foot is placed just outside of your left knee. Straighten your left arm and place your elbow on the right side of your knee. For stability use your right hand, which is still behind you. Hold the stretch for the required duration with controlled breathing. Return to the starting position and repeat for the other side.

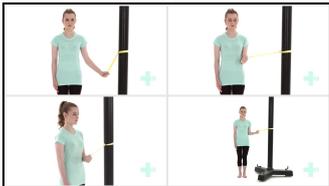
1 rep, 1 set, 1 s hold



6. Shoulder abduction - standing with dumbbells

Stand with your feet shoulder-width apart, holding a dumbbell in each hand. Pull your shoulder blades back and down towards your backside. Contract your glutes and keep your stomach tight. Abduct your shoulders 180 degrees until the weight is directly above the crown of your head. Lower the weight back down to the starting position.

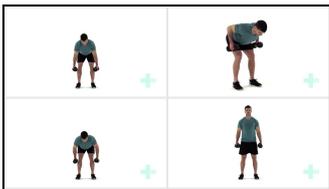
1 rep, 1 set, 2lbs weight



7. Shoulder internal rotation against resistance

Stand upright and tie a resistance band to a solid object beside you. Hold the other end in your affected hand with some tension in the band. Bend your affected elbow to a right angle. Keep your shoulder blades back and down, and rotate the arm inwards, keeping your elbow loosely by your side and your shoulder blades in a good position. Control the movement back to the start position.

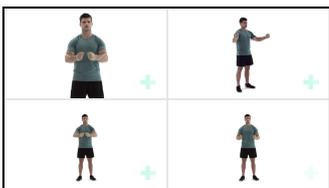
1 rep, 1 set



8. Bent over row - with dumbbells

Stand hinged over at the waist holding a dumbbell in each hand. Keeping your back flat, slide your shoulder blades back and down towards your buttocks. Pull the dumbbells upwards towards the side of your rib cage. Lower the weights back to the starting position.

1 rep, 1 set, 2lbs weight



9. Resisted dynamic hug

Stand upright holding the ends of a resistance band in each hand. Take the band around you, behind your head and near your shoulder blades. Bend your elbows slightly and move the arms forward and out to the side, like you want to hug someone. Turn your arms slightly inwards and then move your arms out slightly and repeat the exercise.

1 rep, 1 set



10. Resisted GHjt IR(90) unsupported in stand

Stand in an upright position with a resistance band tied off behind you. Lift your affected arm out to the side and up to a 90° angle to your body. Bend your elbow to a right angle. Maintaining good posture and shoulder blade control, rotate your forearm downwards from vertical to horizontal. Your elbow should remain at a right angle, and your upper arm still. Keep your posture straight and your shoulder blades back and down. Slowly return to start position and repeat.

1 rep, 1 set