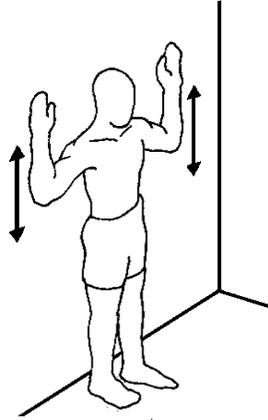


# CORRECTIVE EXERCISES

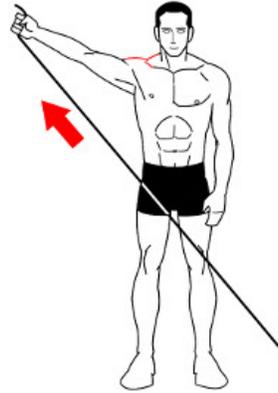
## PICTURE DEMONSTRATION GUIDE (SHOULDER)

**1.31**  
**WALL ANGELS**



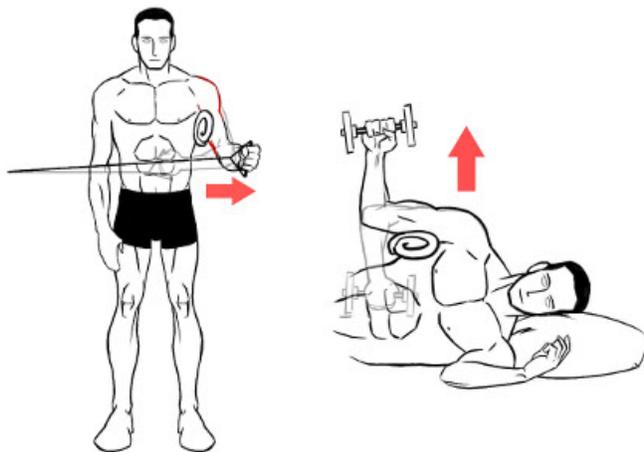
STAND AGAINST A WALL, MAKING CONTACT AT THE TAILBONE, SHOULDERS, AND HEAD. WITH ELBOWS BENT TO 90° AND LEVEL WITH THE SHOULDERS, RAISE YOUR ARMS ABOVE YOUR HEAD, KEEPING YOUR ELBOWS AND WRISTS AS CLOSE TO THE WALL AS POSSIBLE. FINGERS SHOULD ALWAYS POINT UP. LOWER YOUR ARMS BACK TO 90° AND REPEAT.

**2.1**  
**SHOULDER ABDUCTION**



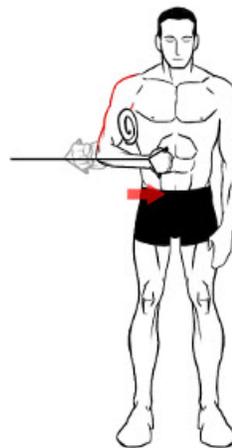
ANCHOR A RESISTANCE BAND AT ABOUT ANKLE LEVEL. START WITH YOUR ARM BY YOUR SIDE, PALM TO BODY. KEEPING THE ARM STRAIGHT AND PALM DOWN, RAISE THE ARM UNTIL THE HAND IS ABOUT HEAD LEVEL. STILL KEEPING THE ELBOW STRAIGHT, SLOWLY LOWER IT BACK TO YOUR SIDE.

**2.2**  
**EXTERNAL ROTATION**



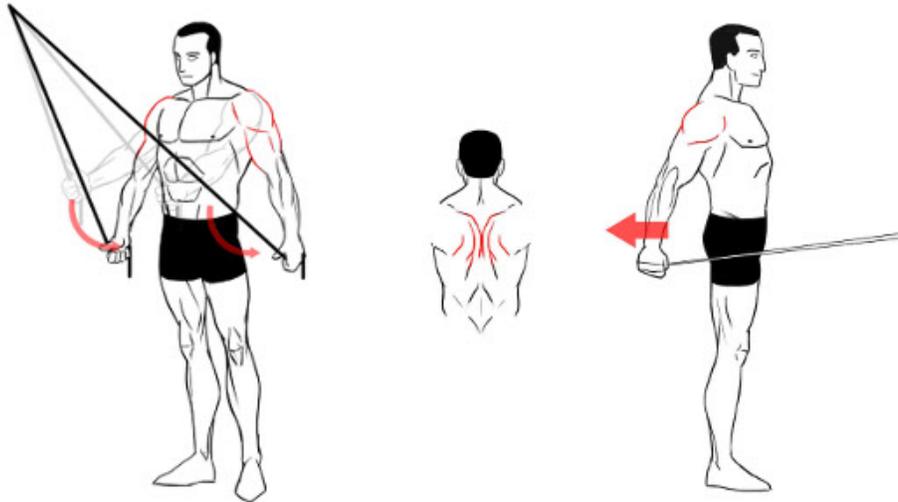
ANCHOR A RESISTANCE BAND AT WAIST LEVEL. START WITH YOUR ARM BY YOUR SIDE, ELBOW BENT TO 90°. TURN YOUR ARM OUT AGAINST RESISTANCE, WHILE KEEPING THE WRIST STRAIGHT. DO NOT LET YOUR ELBOW LEAVE YOUR SIDE: WEDGING A TOWEL UNDER THE ARM MAY HELP. TIGHTNESS SHOULD BE FELT IN THE BACK OF THE SHOULDER. NO BAND? THIS CAN BE DONE SIDE-LYING (SEE PICTURE).

**2.3**  
**INTERNAL ROTATION**



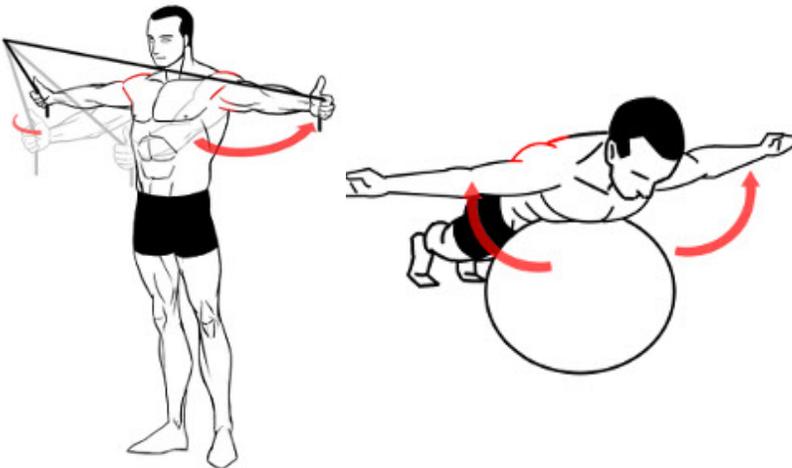
ANCHOR A RESISTANCE BAND AT WAIST LEVEL. START WITH YOUR ELBOW BY YOUR SIDE, BENT TO 90°, SLIGHTLY TURNED OUT. TURN YOUR ARM IN AGAINST RESISTANCE, KEEPING THE WRIST STRAIGHT. DO NOT LET YOUR ELBOW LEAVE YOUR SIDE: WEDGING A TOWEL UNDER THE ARM MAY HELP. TIGHTNESS SHOULD BE FELT UNDERNEATH THE SHOULDER.

**2.4**  
**BILATERAL EXTENSION**



**ANCHOR THE CENTER OF A RESISTANCE BAND AT ABOUT HEAD LEVEL, HOLDING AN END IN EACH HAND. STAND STRAIGHT WITH A WIDE STANCE FOR BETTER BALANCE. KEEPING BOTH ARMS STRAIGHT, PULL THE BANDS DOWN AND BEHIND YOU AS YOU SQUEEZE THE SHOULDER BLADES TOGETHER. DO NOT BEND THE ELBOWS. YOU SHOULD FEEL TIGHTNESS BEHIND THE SHOULDER AND IN THE CENTER OF THE BACK BETWEEN THE SHOULDER BLADES. HOLD FOR 2-3 SECONDS, THEN RELAX AND REPEAT.**

**2.5**  
**RHOMBOID SQUEEZE**



**ANCHOR THE CENTER OF A RESISTANCE BAND AT CHEST LEVEL, HOLD AN END IN EACH HAND. STAND STRAIGHT WITH A WIDE STANCE FOR BETTER BALANCE. WITH STRAIGHT ARMS, PULL THE BANDS OUT BEHIND YOU AS YOU SQUEEZE THE SHOULDER BLADES TOGETHER. YOU MAY ALLOW A SLIGHT BEND IN THE ELBOWS. NO BAND? LAY ON A BALL OR BED AND USE GRAVITY AS THE RESISTANCE.**

**2.6**  
**WALL WALKS**



**PLACE THE HAND OF THE AFFECTED ARM COMFORTABLY ON THE WALL IN FRONT OF YOU, TYPICALLY AT CHEST LEVEL. WALK YOUR HAND UP THE WALL AS HIGH AS YOU CAN. THE PURPOSE OF THIS IS TO HELP YOUR RANGE OF MOTION, NOT TO WORKOUT THE MUSCLES. WALK THE HAND BACK DOWN AND REPEAT 10-15 TIMES.**