



Shoulder Circles

Sitting tall, shrug shoulders up, roll them backwards, down and then forwards.
 Keep shoulders relaxed and repeat in opposite direction (clockwise/counterclockwise).

| | |
|---------|--------|
| 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



Pectorals / Mid Back Extension

Clasp hands together and gently place behind neck.
 Sit tall and keep chin tucked down slightly.
 Raise chest up, breath in and slowly bring elbows backwards.
 Exhale, relax and repeat.

| | |
|---------|--------|
| 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



Pectorals Corner / Doorway

Facing corner or standing through a doorway.
 Place forearms on each wall at shoulder height.
 Slowly lean chest forward into corner, keeping upper body tall, 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



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



Traps Standing

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side.
 Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck.

| | |
|---------|--------|
| 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



Active Traps

Seated, turn head to one side and tip ear to the opposite shoulder.
 Rest hand on side of head, do not pull on head.
 With opposite hand, slowly alternate shrugging with reaching for the floor.

| | |
|---------|--------|
| 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



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Client :
Client ID :
Date : Friday, March 6, 2026



Shoulder Horizontal Adduction

Place tubing at shoulder height.
Sitting (or standing), hold tubing out to one side with thumb pointing up.
Pull tubing in toward midline keeping elbow straight and arm at shoulder level.
Slowly return to starting position.

| | |
|----------|----------|
| Sets: | 2-3 |
| Reps: | 15-20 |
| Weight: | |
| Hold: | |
| Rest: | 30-60sec |
| 4 x/week | |

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



Bilat. Shoulder Horiz. Abd. Standing

Standing in readiness position holding tubing straight out in front of chest.
Pull tubing, bringing arms straight out sideways, squeezing through the mid back.
Avoid shrugging shoulders and keep shoulder blades squeezed down and back throughout the motion.
Slowly return to starting position.

| | |
|----------|----------|
| Sets: | 2-3 |
| Reps: | 15-20 |
| Weight: | |
| Hold: | |
| Rest: | 30-60sec |
| 4 x/week | |

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



'Prayer' Stretch

Kneeling on floor, reach both arms straight out in front along floor.
Sit lower body down and back onto heels.

| | |
|---------|--------|
| 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



Mid Back Trunk Rotation

Sitting, reach one arm across body and support with opposite hand at the elbow.
Bend forward slightly and rotate upper body to increase the stretch in the back of the shoulder and mid back.
Taking a deep breath in will increase the 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