

SHOULDER SWAGGER

SHOULDER PAIN PROTOCOL



Exercise 1: Single Arm Doorway Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Place forearm on wall, or doorway, with elbow bent at 90°. Elbows should be slightly below shoulder level.

Movement : While maintaining forearm contact, lean body into doorway until gentle stretch is felt in the chest and shoulder. Hold for 20-30 seconds or for recommended duration and repetitions.



Exercise 2: Bilateral Doorway Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Place both forearms on door frame, with elbows bent at 90°. Elbows should be slightly below shoulder level.

Movement : While maintaining forearm contact, lean body into doorway until gentle stretch is felt in the chest and shoulder. Hold for 20-30 seconds or for recommended duration and repetitions.

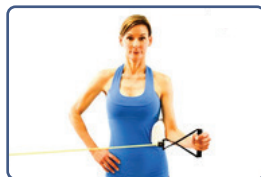
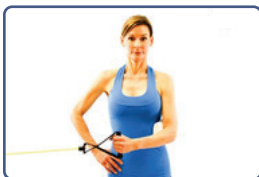


Exercise 3: Prone Blackburn T

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying face down. Arms should be extended to sides at shoulder level with hands at 9 and 3 o'clock position. A pillow, or rolled towel, may be placed under forehead for comfort.

Movement : Activate core muscles. Lift hands and arms toward ceiling. Then squeeze shoulder blades together. Neck muscles should remain relaxed. Hold for 5 seconds. Return to start position and repeat for prescribed repetitions and sets. Repeat for prescribed repetitions and sets. Alternate sides as directed.



Exercise 4: Rotator Cuff External Rotation

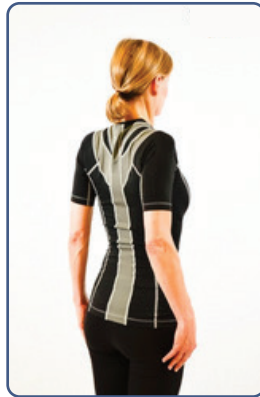
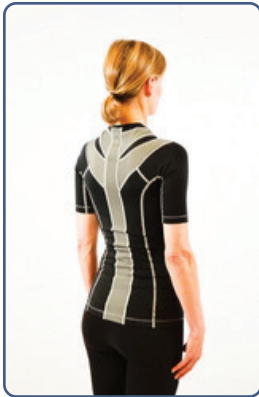
Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin standing. Place towel between elbow and body. Grasp end of resistance band in hand while opposite end is anchored in door at elbow level. Bend elbow to 90°.

Movement : Activate core muscles. While maintaining a 90° elbow bend, externally rotate arm, keeping towel trapped against body. If elbow loses contact, shorten range of motion. Slowly return to start position. Repeat for prescribed repetitions and sets.

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Exercise 5: Scapular Retraction

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin standing with spine in neutral position with a flat lower back.

Movement : While maintaining good posture, draw shoulders back squeezing shoulder blades together. A stretch may be felt in chest and front of shoulder. Hold for 5-10 seconds. Repeat for prescribed repetitions and sets.



Exercise 6: Floor Angels

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin lying on floor facing up. Bend knees with feet flat on floor. Extend arms to sides below shoulders level, elbows bent to 90° with palms facing up.

Movement : While attempting to maintain forearm contact with floor, slide arms upward, squeezing shoulder blades together. Once forearm can no longer keep contact with the floor, slowly return to start position and repeat prescribed repetitions and sets.



Exercise 7: Rotator Cuff Internal Rotation

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin standing. Place towel between elbow and body. Grasp end of resistance band in hand while opposite end is anchored in door at elbow level. Bend elbow to 90°.

Movement : Activate core muscles. While maintaining a 90° elbow bend, internally rotate arm, keeping towel trapped against body. If elbow loses contact, shortened range of motion. Slowly return to start position for prescribed repetitions and sets.



Exercise 8: Chest Stretch at 90°

Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily

Start: Place forearm on wall, doorway, or firm object with elbow bent at 90°. Elbow should be slightly below shoulder level.

Movement : While maintaining forearm contact, rotate body away until gentle stretch is felt in the chest and shoulder. Hold for 20-30 seconds or for recommended duration and repetitions.