

## SHOULDER MOBILITY

### Exercise 1- ARM SWING/ CIRCLES

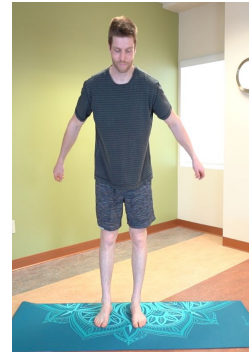
Reps: 10-20x | Sets: 2x/day

Preparation

- Stand or sit leaning slightly forward

Execution:

- Swing arms forward and back / side to side/ in circles
- NOTE: Avoid painful ranges



### Exercise 2- WALL CRAWL

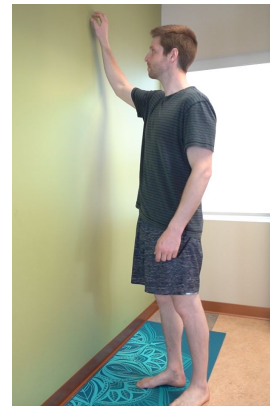
Reps: 5x | Sets: 2x/day

Preparation:

- Stand near a wall

Execution:

- Facing the wall use you finger crawl up
- One you feel discomfort stop relax then try and go further
- Begin facing wall, then progressively face away from the wall



### Exercise 3- DOWEL ASSISTED ABDUCTION/ FLEXION/ EXTENSION

Reps: 10 | Sets: 2x/day

Preparation:

- Standing or sitting holding a dowel

Execution:

- Use opposite arm to aid the injured arm to move in various ranges
- NOTE: Avoid any ranges where pinching or discomfort occur

