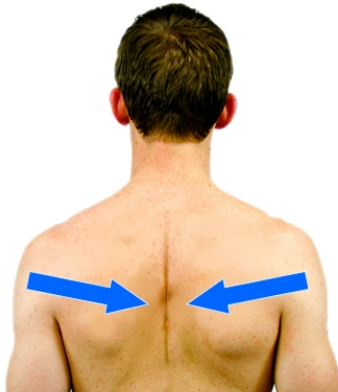


Total 3



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



place tennis ball between your sore shoulder blade and the wall. Lean against the ball until a pressure that "hurts so good".

Move up/down, left/right, circles or just steady pressure 3 mins

Repeat 1 Time
Hold 3 Minutes
Complete 1 Set
Perform 1 Time(s) a Day



PECTORALIS DOORWAY STRETCH - HIGH

While standing in a doorway, place your arms up on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be placed upward along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day