



Circular Shoulder Pendulum with Table Support

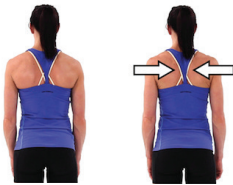


Setup: Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement: Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

Tip: Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

Standing Scapular Retraction



Setup: Begin in a standing upright position with your arms resting at your sides.

Movement: Gently squeeze your shoulder blades together, then relax them and repeat.

Tip: Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Standing Isometric Shoulder External Rotation with Doorway



Setup: Begin in a standing upright position to the side of a doorframe with your involved arm bent and a towel between the back of your hand and the doorframe.

Movement: Gently press your hand outward into the towel. Hold, then relax and repeat.

Tip: Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

Standing Isometric Shoulder Internal Rotation at Doorway

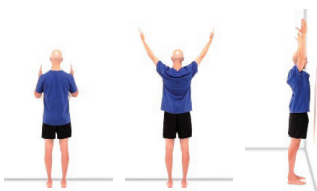


Setup: Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between the inside of your hand and the doorframe.

Movement: Gently press your hand inward into the towel. Hold, then relax and repeat.

Tip: Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

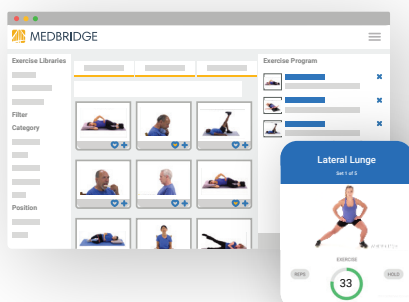
Low Trap Setting at Wall



Setup: Begin in a standing upright position facing a wall.

Movement: Rest both hands on the wall with your palms facing inward, then slide them up the wall in a diagonal direction. When your arms are straight, raise your hands a few inches from the wall, activating your shoulder muscles. Bring your arms back down and repeat.

Tip: Make sure to keep your back straight and do not shrug your shoulders during the exercise.



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