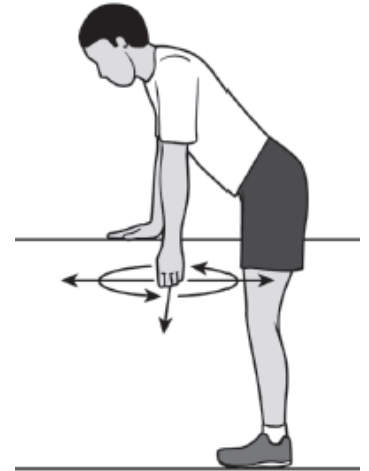


# Shoulder Exercises

## Pendulum:

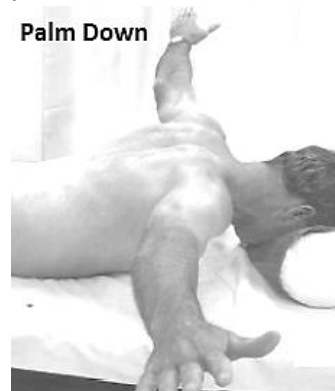
- Leaning forward, keeping back flat (not rounded), knees slightly bent, one hand placed on a table/chair/counter for support, let opposite arm hang freely at your side.
- Gently let your hanging arm swing forward and back about 10 times
- Repeat with arm swings side-to-side, clockwise, and counter-clockwise, each 10 times.



## Back Burns

- Starting Position:** Laying prone (face down on stomach), start with arms down by your sides and palms facing down
- For each position, you want to squeeze your shoulder blades together, as if you're trying to squeeze a marble between them, and bring arms up into position.
- Movement should come from your back, not the arms

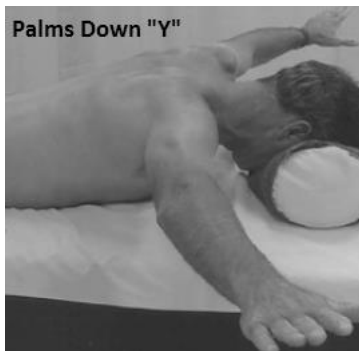
**"T" Prone Horizontal Abduction:** arms should be straight out to your sides, parallel to the floor (like the letter "T")



- With palms down facing the ground, squeeze shoulder blades together and hold about 2-3 seconds then relax
- Repeat 10 times
- With thumbs pointing up, squeeze shoulder blades together and hold about 2-3 seconds then relax
- Repeat 10 times



**"Y" Prone Horizontal Scaption:** Arms should be out to the side of your body and slightly forward, making your body look like the letter "Y"



- With palms down facing the ground, squeeze shoulder blades together and hold about 2-3 seconds then relax
- Repeat 10 times
- With thumbs pointing up, squeeze shoulder blades together and hold about 2-3 seconds then relax
- Repeat 10 times



**“W” or “Goal Posts” Prone Horizontal External Rotation:**

- Arms out to the side and elbows bent 90°, forearms parallel with the floor, thumbs pointing up (making your arms look like goal posts, or upper body in the shape of the letter “W”)
- squeeze shoulder blades together and hold 2-3 seconds then relax
- Repeat 10 times



**Prone Horizontal Extension:** arms down by your sides parallel to your body, elbows facing up towards the ceiling, palms facing down

- Squeeze shoulder blades together and hold 2-3 seconds then relax
- Repeat 10 times

