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Precision Physical Therapy

STEP 1

Circular Shoulder Pendulum with Table Support

REPS:10 | SETS:3 | DAILY:1 | WEEKLY:7

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.

STEP 1

STEP 2

Seated Scapular Retraction

REPS:10 | SETS:3 | DAILY:1 | WEEKLY: 7

Setup
Begin sitting in an upright position.

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

Tip
Make sure to maintain good posture during the exercise.

STEP 1

STEP 2

Wall Angels

REPS:10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup
Begin in a standing upright position with your back against a wall.

Movement
Raise your arms out to the side with your elbows bent to 90 degrees, and rest them against the wall. Slowly slide your arms straight up the wall, then lower them back to the starting position and repeat.

Tip
Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.

STEP 1

STEP 2

Sleeper Stretch

REPS:10 | SETS:3 | DAILY: 1 | WEEKLY: 7

Setup
Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement
With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip
Make sure not to let your body roll forward or backward during the exercise.

STEP 1

STEP 2

Supine Serratus Punch

REPS:10 | SETS:3 | DAILY:1 | WEEKLY: 7

Setup
Begin lying on your back with your arms raised straight upward, holding a dumbbell in each hand.

Movement
Keep your elbows straight and punch your arms up toward the ceiling, raising your shoulders off the ground.

Tip
Make sure to keep your back flat on the floor.

PRECISION PHYSICAL THERAPY