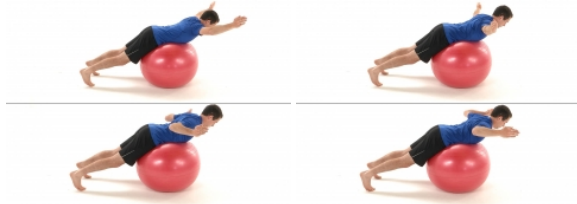


Notes :

Do exercises 1-6 for circuit 1
Do exercises 7-12 for circuit 2

Complete circuit 1 and circuit 2- 2x weekly

1 Y-W-T Sequence



Lie down in a prone position with your chest supported on a Swiss ball with your arms hanging straight down.
Bring your shoulder blades down and back as you raise your arms straight up and out until aligned with your torso into a "Y" position.
Lower the arms and lift the bent arms on the side, elbows pulled down toward your waist, into a "W" position.
Lower and lift straight out on the side to form a "T" with your arms and torso.
Lower and lift again with your elbows bent 90 degrees and arms 90 degrees from the body to form an "L" with the arm and forearm.
Keep your thumb facing the ceiling for all these positions, and keep your shoulders and neck relaxed.

Sets: 4 Reps: 5 Weight: 2.5-5

2 Front plank with shoulder taps



Start in prone on your hands and toes.
With one hand, touch the opposite shoulder without letting your trunk or pelvis rotate to one side. Bring your hand down on the floor and repeat with the other hand, alternating between sides.

Sets: 4 Reps: 30 sec

3 Prone rowing to ER



Lie on your stomach with your arm hanging over the side of the table-dumbbell in hand and elbow straight.
With the upper arm at 90 degrees from the body, slowly pull the dumbbell up, bending at the elbow, until the upper arm is parallel to the ground.
From this position, externally rotate by moving your hand in a circular motion up towards the ceiling, as high as you can, without lifting the shoulder from the table nor pulling the elbow backward.
Hold at the top for 2 seconds, then slowly return to the starting position by reversing the movement.

Sets: 3 Reps: 8 Weight: 2.5-5

4 Retraction on wall with band



Stand with the forearms and the little finger side of the hand resting on a wall in front of you at shoulder height with a band around the wrists.
Slide the arms up on the wall.
Do not shrug the shoulders as you slide up and do not let the elbows turn out.
Once the arms are overhead, pull the arms away from the wall about an inch by pulling your shoulder blades together, without shrugging.
Keep a straight back at all times.
The band must be taut during all the steps of the exercise.
Lower the arms and repeat.

Sets: 4 Reps: 5

5 Thoracic rotation



Start on your knees with your buttocks on your heels and one arm down on the floor between your knees.
Put the other hand behind your lower back.
Rotate the torso as much as possible without losing your original position.

Sets: 7-8 each side

6 Thoracic extension mobility



Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades.
With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back.
Maintain your abs tight and proper low back posture during the exercise.

Sets: 3 Reps: 2-3 min

7 Shoulder flexion in side lying



Lay down with the affected side up.
Start with your arm straight on your side.
Then, bring the arm to 90 ° from your body by flexing the shoulder-keeping the arm parallel to the floor.
Make sure the shoulder blade stays well stabilised on the ribs/back.

Sets: 3 Reps: fatigue Weight: 2-3 lb

8 Strengthening horiz. abd.



Lie on your unaffected side with a weight in your hand.
Place your arm straight in front of you (perpendicular to the body) and support it with your unaffected arm.
Slowly move the weight upwards until it is in line with the body.
Return to initial position and repeat.

Sets: 3 Reps: fatigue Weight: 2-3 lb

9 Side lying external rotation



Lie on your side with a weight in your top hand, elbow bent to 90 degrees.
Place a rolled towel between your arm and your side.
Rest your head on your free arm.
Externally rotate the arm to lift the weight up.
Keep your body still; do not turn the trunk to assist the movement.

Sets: 3 Reps: fatigue Weight: 2-3 lb

10 Prone 90/90 catch and release



Lie down on the edge of a bed or table.
Pull your shoulder blade toward the middle of your back and lift your arm up and out from your body.
Bend your elbow so your palm faces down toward the floor.
Hold a small weighted ball in your hand in this position.
Release and then catch the ball repeatedly, allowing it to barely fall from your hand.
Maintain the position of your arm and shoulder blade throughout the ball tosses.

Sets: 4 Reps: 30 sec

11 Thoracic spine stretch



Start in half kneeling next to a wall with the leg closest to the wall in front.
Rotate the trunk toward the wall and place one hand on the wall and the other on the knee to assist the rotation.
Hold the stretch for the recommended time.
Keep the spine tall during the stretch.

Sets: 7-8 each side

12 Wall slide



Stand or sit on the floor with back and buttocks against the wall. Place your head (chin in), your shoulders, elbows and wrists against the wall with shoulders and elbows at 90 degrees.
Keeping the entire body in contact with the wall, slowly slide your arms upward along the wall.
Breath normally during movement and slowly return to the initial position.