



### BILATERAL PECTORAL STRETCH

With your shoulders and elbows bent to 90° and forearms against a door frame, slowly lean forwards until you feel a stretch in your chest. Hold. Repeat this stretch 2 more times, each time sliding your forearm slightly higher up the door frame.

SETS & REPS: 30sec hold on each

FREQUENCY: 1 x day

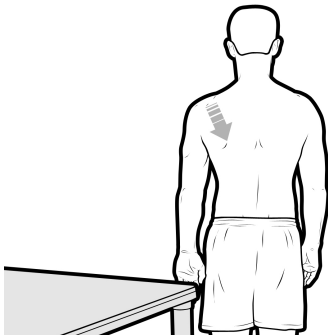


### LEVATOR SCAPULAE STRETCH

Sitting, grasp under your chair and depress your shoulder. Rotate your head away from the side being stretched and bend your head forward until you feel a stretch. Use your other arm to gently pull your head further forward and to the side. Hold.

SETS & REPS: 30sec hold

FREQUENCY: daily

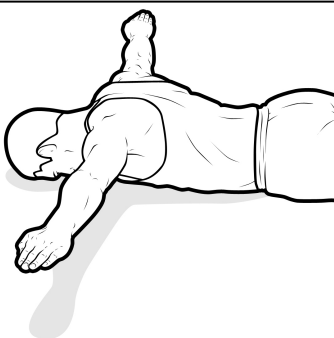


### LOW ROW

Place your hand on the edge of a table with your arm by your side (or very slightly extended). Push your arm straight back while pulling your shoulder blade 'down and in'. Hold for 10 seconds. Relax then repeat.

SETS & REPS: 10 reps

FREQUENCY: 3 x week

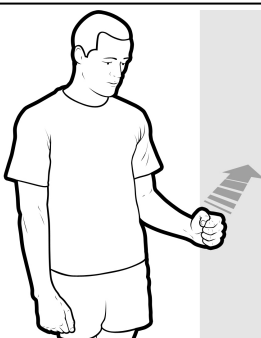


### PRONE SCAPULAR RETRACTION: MIDDLE TRAPEZIUS

Lying prone with your arms positioned 90° away from your sides. Slowly move your shoulder blades back into a 'neutral' position and maintain this position as you raise your arms up off the floor. Hold then lower and repeat.

SETS & REPS: 3 x 20

FREQUENCY: 3 x week



### ISOMETRIC EXTERNAL ROTATION

With your arm against your side, elbow bent to 90° and wrist in contact with the wall, rotate your arm out against the wall. Ensure no movement occurs. Hold the contraction for 10 seconds. Relax and repeat.

SETS & REPS: 2 x 10

FREQUENCY: 3 x week