

Shoulders



Week 1 - Shoulder

Foam Rolling: Locate "tender points" and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Thoracic Spine (Upper Back)
- Lat Dorsi

Alternatives for Soft Tissue work:

• Lat Dorsi: place roller against wall, while standing with arm overhead, roll along the muscle tissue

Did you know.... Research has shown that foam rolling prior to static stretching can yield noticeable improvements in flexibility in half the time as static stretching alone.

Home Exercise Program: Document your workouts for the week

Purchasing a Foam Roller: Bellin Pharmacy, Target, Walmart, Dick's Sporting Goods, Aldi's grocery store, Kohl's, Amazon.com, PerformBetter.com

Purchasing a Massage Stick: Dick's Sporting Goods, Target, Scheels' All Sports, Amazon, PerformBetter.com



Shoulder Pro	gressio	า We	ek #1		Dat	e:			
Foam Rolling	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Thoracic Spine (Upper Back)	1-2 minutes								
Lat Dorsi	1-2 minutes								
Alternatives for Soft Tissue Work	Lat Dorsi (if needed)								
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Week 2 - Shoulder

Foam Rolling: Locate "tender points" and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Thoracic Spine (Upper Back)
- Lat Dorsi

Alternatives for Soft Tissue work:

• Lat Dorsi: place roller against wall, while standing with arm overhead, roll along the muscle tissue

Static Stretching: 30 sec/side

- Side Lying Reach and Rotate
- Arm Across Chest (seated or standing)
- Wall Pull Lat Dorsi

Alternative stretches

- Side Lying Arm Rotation Overhead
- Kneeling Lat Dorsi (Child pose), either hands on foam roller or table top

Did you know.... It is important to have equal flexibility on

both sides of your body, so when stretching always perform more sets on the tighter side until both sides feel equal.



Shoulder Pro	Recommendation	Monday	Tuesday	Wednesday	Dat	Friday	Saturday	Sunday
Thoracic Spine (Upper Back)	1-2 minutes	Worlday	Tuesday	wednesday	Thursday	Friday	Saturday	Sunda
Lat Dorsi	1-2 minutes							
Alternatives for Soft Tissue Work	1-2 minutes		1.	at Dorsi (if ı	acodod)			
Static Stretching			L	at Dorsi (ii i	ieeueu _j			
Side Lying Reach and Rotate	30 sec/side							
Vall Pull Lat Dorsi	30 sec/side							
Arm Across Chest	30 sec/side							
Alternative Stretches			I					
Side Lying Arm Rotation Overhead	30 sec/side							
Kneeling Lat Dorsi (child pose) on tabletop	30 sec/side							
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Cardio	It is our reco			m a cardio (/ umulating be				out 3-4



Week 3 - Shoulder

Foam Rolling: Locate "tender points" and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Thoracic Spine (Upper Back)
- Lat Dorsi

Alternatives for Soft Tissue work:

• Lat Dorsi: place roller against wall, while standing with arm overhead, roll along the muscle tissue

Static Stretching: 30 seconds each side

- Side Lying Reach and Rotate
- Wall Pull Lat Dorsi
- Arm Across Chest (seated or standing)

Alternative stretches

- Kneeling Lat Dorsi (Child pose), either hands on foam roller or table top
- Side Lying Arm Rotation Overhead: 5-10 reps

Shoulder Mobility:

- Lying Robbery Rotation: 10 reps
- Lying "T" snow angels: 10 reps
- Lying Overhead Presses: 10 reps

Did you know.... Performing the 3 mobility exercises above may

be a quick alternative to static stretching when time is limited.



Shoulder Prog	gressio	n We	<u>ek #3</u>	3	Dat	e:		_			
Foam Rolling		Ası	needed pei	r directions	on previou	us weeks.					
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Alternatives for Soft Tissue Work		As ı	needed pei	directions	on previou	us weeks.					
7 III O TO TO TO TO TO TO TO TO TO											
Static Stretching		Side Lyi	ng Reach and	Rotate, Wall Pu	II Lat Dorsi, Ar	m Across Che	st				
Alternative Stretches		Kneeling Lat Dorsi (child pose on tabletop), Side Lying Arm Rotation Overhead									
Shoulder Mobility	Recommendation	Monday	y Tuesday Wednesday Thursday Friday Saturday Su								
Lying Robbery Rotation	10 reps										
Lying "T" snow angels	10 reps										
Lying Overhead Presses	10 reps										
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Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.										



Week 4 - Shoulder

Foam Rolling: Locate "tender points" and work those areas for 1- 2 minutes, massaging each muscle group for each extremity

- Thoracic Spine (Upper Back)
- Lat Dorsi

Alternatives for Soft Tissue work:

• Lat Dorsi: place roller against wall, while standing with arm overhead, roll along the muscle tissue

Static Stretching: 30 seconds each side

- Side Lying Reach and Rotate
- Arm Across Chest (seated or standing)
- Wall Pull Lat Dorsi

Modification for stretches

- Kneeling Lat Dorsi (Child pose), on table top
- Side Lying Arm Rotation Overhead

Shoulder Mobility & Scapular Activation:

- Shoulder, Lying Robbery Rotation: 10 reps
- Shoulder, Lying "T" snow angels: 10 reps
- Shoulder, Lying Overhead Presses: 10 reps
- Cobra: 10 reps
- Incline Plank Hold: 30 seconds

Did you know.... Performing simple core movements, like,

pelvic tilts may reduce the occurrence of nonspecific low back discomfort.



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Foam Rolling		As r	needed pe	r directions	on previou	us weeks.		
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Alternatives for Soft Tissue Work		As r	needed pe	r directions	on previou	us weeks.	ı	
Static Stretching		Side Lyi	ng Reach and	Rotate, Wall Pu	II Lat Dorsi, Ar	m Across Che	st	
Alternative Stretches		Kneeling Lat	Dorsi (child po	ose on tabletop)	Side Lying Ar	m Rotation Ov	erhead	
Shoulder Mobility & Scapular Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lying Robery Rotation	10 reps							
Lying "T" snow angels	10 reps							
Cobra	10 reps							
Incline Plank Hold	30 seconds							
Cardio	It is our reco			m a cardio (a umulating be			, etc) work	out 3-4



Week 5 - Shoulder

Foam Rolling:

• As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup

- Step and reach
- Quad pulls
- Knee hugs
- Hip (leg) cradle

Shoulder Mobility & Scapular Activation:

- Hip rotations: 10 repsLying Robbery: 10 reps
- Lying "T" snow angels: 10 repsLying Overhead Presses: 10 reps
- Kneeling Prayer: 10 reps x 3 second hold
- Incline Plank: 2 x 30 seconds
- Incline Plank Shoulder Taps: 2 x 10 each hand

Did you know.... Exercising without properly activating the

glutes and scapular (shoulder blade) muscles may increase the risk of every day aches and pains



Foam Rolling		As r	needed per	r directions	on previou	ıs weeks.					
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Static Stretching	As needed per directions on previous weeks.										
Dynamic Warmup			Step & Reach	h, Quad Pulls, K	nee Hugs, Hip	Cradle					
Shoulder Mobility & Scapular Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Hip Rotations	10 reps	,	,	1	,	•	,				
Lying Robbery	10 reps							·			
Lying "T" snow angels	10 reps										
Lying Overhead Presses	10 reps										
Kneeling Prayer	10 reps										
Incline Plank	2 x 30 seconds										
Incline Plank Shoulder Taps	2 x 10 each hand										
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Cardio	It is our reco			m a cardio <i>(r</i> umulating be			, etc) work	out 3-4			
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Week 6 - Shoulder

Foam Rolling:

• As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle

Shoulder Mobility & Scapular Activation:

• Hip rotations: 10 reps each side

• Lying Robbery: 10 reps

Lying "T" snow angels: 10 repsLying Overhead Presses: 10 reps

Cobra: 10 reps

• Incline Plank: 2 x 30 seconds

• Incline Plank Hip Extensions: 2 x 10 each

Did you know.... Performing a dynamic warmup can be a good

alternative to foam rolling and static stretching when time and space are limited, like at your workstation throughout the day.



Shoulder Pro	gressio	n We	ek #0	6	Date	e:				
Foom Polling		As r	needed pei	r directions	on previou	us weeks.				
Foam Rolling										
Statio Stratahina		Ası	needed per	r directions	on previou	us weeks.				
Static Stretching										
Dynamic Warmup			Step & Reach	h, Quad Pulls, K	nee Hugs, Hip	Cradle				
Dynamic warmup										
Shoulder Mobility & Scapular Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Hip Rotations	10 reps									
Lying Robbery	10 reps									
Lying "T" snow angels	10 reps									
Lying Overhead Presses	10 reps									
Cobra	10 reps									
Incline Plank	2 x 30 seconds									
Incline Plank Hip Extensions	2 x 10 each									
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Cardio	It is our reco	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.								



Week 7 - Shoulder

Foam Rolling:

As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup - 10 reps/side

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Shoulder Mobility & Scapular Activation:

- Hip rotations: 10 reps
- Lying Robbery: 10 reps
- Lying "T" snow angels: 10 repsLying Overhead Presses: 10 reps
- Kneeling Prayer: 10 reps x 3 second hold
- Incline Plank Hold: 2 x 30 seconds
- Incline Plank Shoulder Taps: 2 x 10 each hand

Strength: 2 x 10 reps

- Squat split foot stance position
- Chest Presses RBT Band
- Seated Rows RBT Band
- External Shoulder Rotations

Did you know. Strength training performed with mobility will enhance your body's ability to remember better movement patterns.



Shoulder Progression Week #7 Date:												
				r directions								
Foam Rolling					<u>'</u>							
Static Stretching		As r	needed per	r directions	on previou	us weeks.						
Static Stretching												
Dynamic Warmup			Step &	Reach, Quad P	ulls, Knee Hug	s						
Бупанно таппар		Hij	o Cradle, Fran	kenstein walk, F	lurdle step ove	er (cw/ccw)						
Shoulder Mobility & Scapular Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Hip Rotations	10 reps											
Lying Robbery	10 reps											
Lying "T" snow angels	10 reps											
Lying Overhead Presses	10 reps											
Kneeling Prayer	10 reps											
Incline Plank Hold	2 x 30 seconds											
Incline Plank Shoulder Taps	2 x 10 each											
Strength												
Squat split stance foot position	2 x 10 reps											
Chest Presses RBT Band	2 x 10 reps											
Seat Rows RBT Band	2 x 10 reps											
External Shoulder Rotations	2 x 10 reps											
Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.											



Week 8 - Shoulder

Foam Rolling:

As needed per directions on previous weeks.

Static Stretching: 30 sec/side

As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Shoulder Mobility & Scapular Activation:

- Hip rotations: 10 reps each side
- Lying Robbery: 10 reps
- Lying "T" snow angels: 10 reps
- Lying Overhead Presses: 10 reps
- Cobra: 10 reps
- Incline Plank Hold: 2 x 30 seconds
- Incline Plank Hip Extension: 2 x 10 each leg

Strength: 2 x 10 reps

- RDL RBT Band
- Upright Row RBT Band
- Lateral Lunge stationary
- Lateral Pull Hold: 2 x 30 seconds

Did you know.... Instability of the core may increase your

chances of having a shoulder dysfunction.



Shoulder Pro	gressio	n We	eek#	8	Date:					
Foam Rolling				r directions	on previou	us weeks.				
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Static Stretching	As needed per directions on previous weeks.									
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Dynamic Warmup			Step &	Reach, Quad Po	ılls, Knee Hug:	s				
Dynamio Warmap		Hij	o Cradle, Fran	kenstein walk, F	lurdle step ove	er (cw/ccw)				
Shoulder Mobility & Scapular Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Hip Rotations	10 reps									
Lying Robbery	10 reps									
Lying "T" snow angels	10 reps									
Lying Overhead Presses	10 reps									
Cobra	10 reps									
Incline Plank Hold	2 x 30 seconds									
Incline Plank Hip Extension	2 x 10 each									
Strength										
RDL RBT Band	2 x 10 reps									
Upright Row RBT Band	2 x 10 reps									
Lateral Lunge Stationary	2 x 10 reps									
Lateral Pull Down	2 x 30 seconds									
Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.									



Week 9 - Shoulder

Foam Rolling:

As needed per directions on previous weeks.

Static Stretching: 30 sec/side

• As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Shoulder Mobility & Scapular Activation:

- Hip rotations: 10 reps each side
- Lying Robbery: 10 reps
- Lying "T" snow angels: 10 reps
- Lying Overhead Presses: 10 reps
- Kneeling Prayer: 10 reps x 3 second hold
- Incline Plank Hold: 2 x 30 seconds
- Incline Plank Shoulder Taps: 2 x 10 each hand

Strength: 2 x 12 reps

- Squat split foot stance RBT band
- Chest Presses RBT Band
- Seated Rows RBT Band
- External Shoulder Rotations RBT Band

Did you know... Corrective exercise when made a part of your everyday life can be some of the best preventative medicine.



		As r	needed per	directions	on previou	us weeks.		
Foam Rolling					,			
Static Stretching		As r	needed per	directions	on previou	us weeks.	ı	
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Dynamic Warmup			Step &	Reach, Quad Po	ulls, Knee Hug	S		
		Hij	o Cradle, Frank	censtein walk, F	lurdle step ove	r (cw/ccw)		
Shoulder Mobility & Scapular Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Lying Robbery	10 reps							
Lying "T" snow angels	10 reps							
Lying Overhead Presses	10 reps							
Kneeling Prayer	10 reps							
Incline Plank Hold	2 x 30 seconds							
Incline Plank Shoulder Taps	2 x 10 each hand							
Strength								
Squat split foot stance RBT band	2 x 12 reps							
Chest Presses RBT band	2 x 12 reps							
Seated Rows RBT band	2 x 12 reps							
External Shoulder Rotations	2 x 12 reps							
Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.							



Week 10 - Shoulder

Foam Rolling:

As needed per directions on previous weeks.

Static Stretching: 30 sec/side

• As needed per directions on previous weeks.

Dynamic Warmup - 10 reps each

- Step and reach
- Quad pulls
- Knee hugs
- Hip cradle
- Frankenstein walk
- Hurdle step over (cw/ccw)

Shoulder Mobility & Scapular Activation:

- Hip rotations: 10 reps each side
- Lying Robbery: 10 reps
- Lying "T" snow angels: 10 reps
- Lying Overhead Presses: 10 reps
- Cobra: 10 reps
- Incline Plank Hold: 2 x 30 seconds
- Incline plank hip extension: 2 x 10 each leg

Strength: 2 x 10 reps

- RDL RBT Band
- Upright Row RBT Band
- Lateral Lunge stationary
- Lateral Pull Hold RBT Band: 2 x 30 seconds

Did you know.... The glutes are the primary muscles

responsible for maintaining the stability of the knee during movement.



Foam Rolling		As r	needed per	directions	on previou	ıs weeks.		
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Static Stretching		As r	needed per	directions	on previou	us weeks.		
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Dynamic Warmup			Step &	Reach, Quad Po	ulls, Knee Hugs	s		
		Hij	o Cradle, Frank	kenstein walk, H	lurdle step ove	r (cw/ccw)		
Shoulder Mobility & Scapular Activation	Recommendation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hip Rotations	10 reps							
Lying Robbery	10 reps							
Lying "T" snow angels	10 reps							
Lying Overhead Presses	10 reps							
Cobra	10 reps							
Incline Plank Hold	2 x 30 seconds							
Incline Plank Hip Extension	2 x 10 each							
Strength								
RDL RBT Band	2 x 12 reps							
Upright Row RBT Band	2 x 12 reps							
Lateral Lunge stationary	2 x 12 reps							
Lateral Pull Hold	2 x 30 seconds							
Cardio	It is our recommendation to perform a cardio (run, bike nutstep, swim, etc) workout 3-4 days/week accumulating between 20-30 minutes.							