



# 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



## finding your fit

# Shoulder Progression Week #1

Date: \_\_\_\_\_

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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.

**Home Exercise Program:** Document your workouts for the week



## Date: \_\_\_\_\_

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## 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

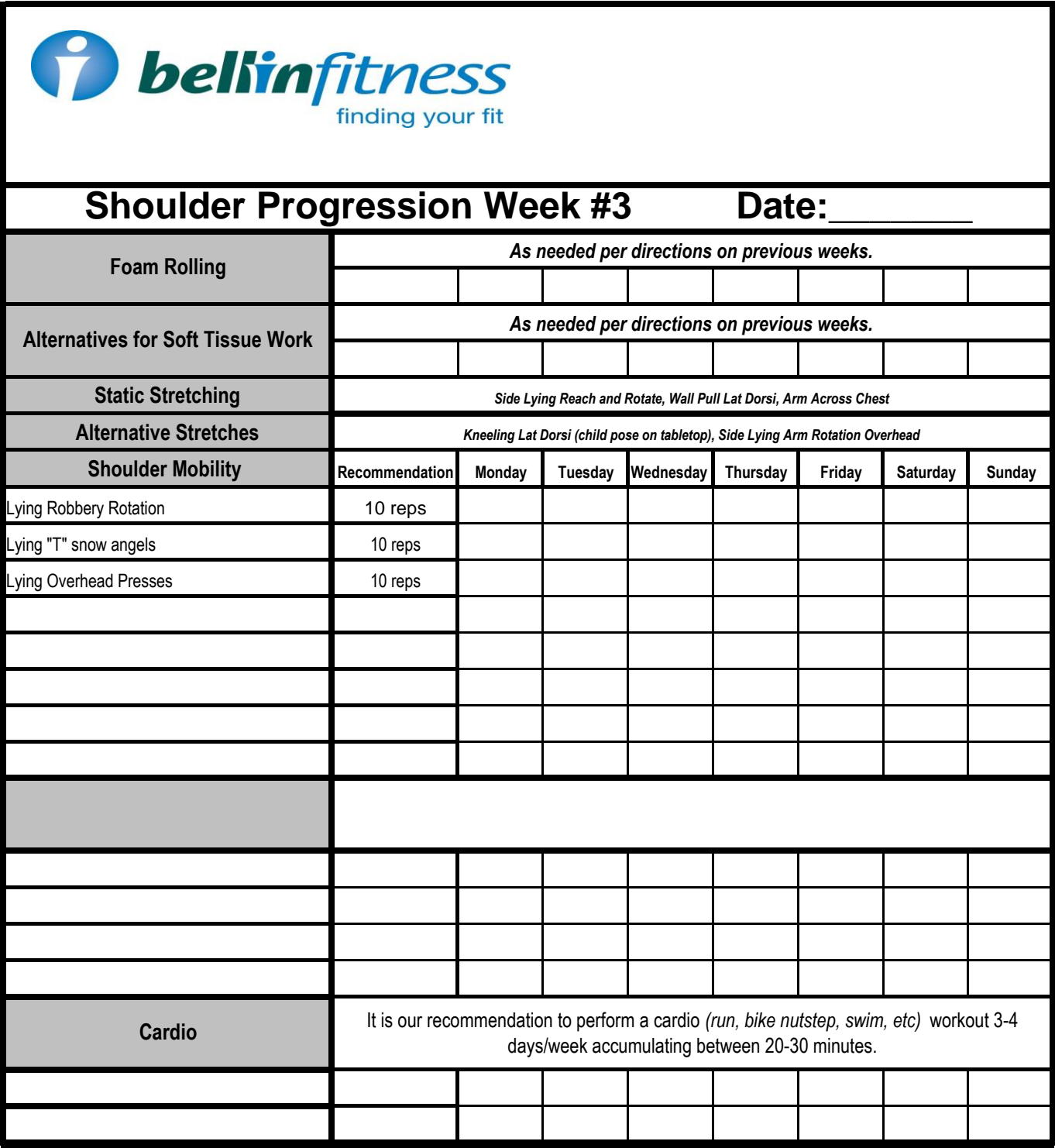
- Kneeling Lat Dorsi (*Child pose*), either hands on foam roller or table top
- Side Lying Arm Rotation Overhead: 5-10 reps

### 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.

Home Exercise Program: Document your workouts for the week
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## 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

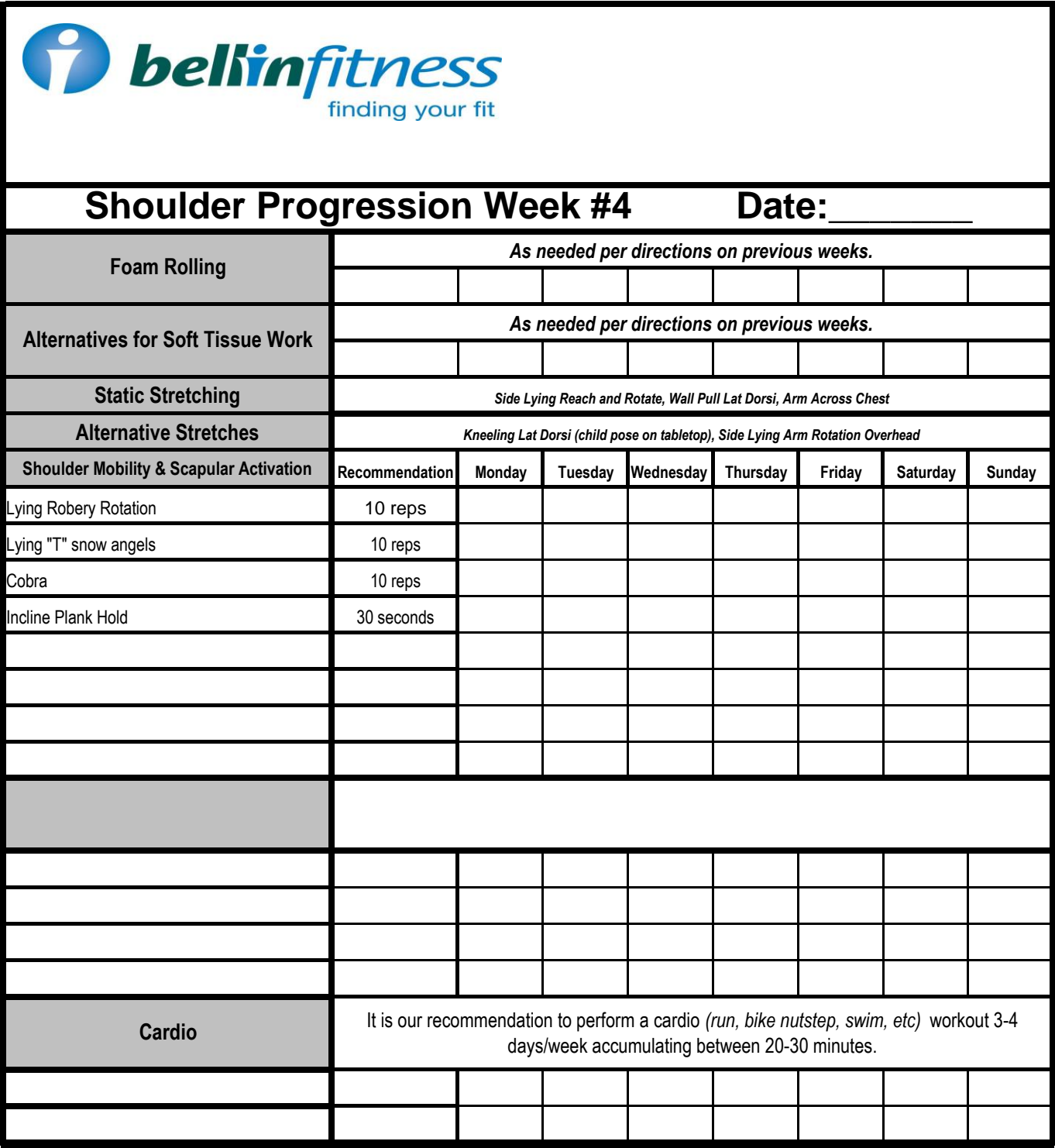
### Shoulder Mobility & Scapular Activation:

- 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.

**Home Exercise Program:** Document your workouts for the week





## 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 reps
- 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: 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

Home Exercise Program: Document your workouts for the week



## Shoulder Progression Week #5

Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs, Hip Cradle							
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	2 x 30 seconds							
Incline Plank Shoulder Taps	2 x 10 each hand							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							

## 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 reps
- Lying 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 Progression Week #6

Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs, Hip Cradle							
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							
Cardio	It is our recommendation to perform a cardio ( <i>run, bike nutstep, swim, etc</i> ) 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 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 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.

Home Exercise Program: Document your workouts for the week



## Shoulder Progression Week #7      Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (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 ( <i>run, bike nutstep, swim, etc</i> ) 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.

Home Exercise Program: Document your workouts for the week





## Shoulder Progression Week #8

Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (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 ( <i>run, bike nutstep, swim, etc</i> ) 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.

Home Exercise Program: Document your workouts for the week



## Shoulder Progression Week #9      Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (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 ( <i>run, bike nutstep, swim, etc</i> ) 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.

Home Exercise Program: Document your workouts for the week



## Shoulder Progression Week #10      Date: \_\_\_\_\_

Foam Rolling	As needed per directions on previous weeks.							
Static Stretching	As needed per directions on previous weeks.							
Dynamic Warmup	Step & Reach, Quad Pulls, Knee Hugs							
	Hip Cradle, Frankenstein walk, Hurdle step over (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 ( <i>run, bike nutstep, swim, etc</i> ) workout 3-4 days/week accumulating between 20-30 minutes.							