



Shoulder Mobility Cheatsheet

*Improve Shoulder Flexibility and Function - Add
this routine to your daily practice. Good luck*

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AIMS:

1. **Daily practice** - Aim to complete full routine at least once per day. If you prefer break it down into individual exercises but try to do them all every day
2. **Slow it down** - Go at you own speed and range of movement. Work into the stretches and hold the positions for at least 60 seconds but feel free to build up to longer.
3. **No pain** - Don't push through pain but do expect to work through some discomfort. As a guideline don't push through more than a 2 out of 10 level of discomfort & if you have any increase in symptoms after completing the stretches step it back a bit

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Exercise 1:

Shoulder rolls / Scapular circles

- Begin in all 4s position. Hands fixed under shoulders shrug shoulders to ears then slide back and down and release. Then spread shoulder blades apart stretching across upper back, relax and allow shoulders and back to hollow.
- **Try to perform this as a slow circular rolling motion working in various directions**
- Perform this movement for 60 seconds



Exercise 2:

Elevated Arms to Partial Childs Pose / Prayer Stretch

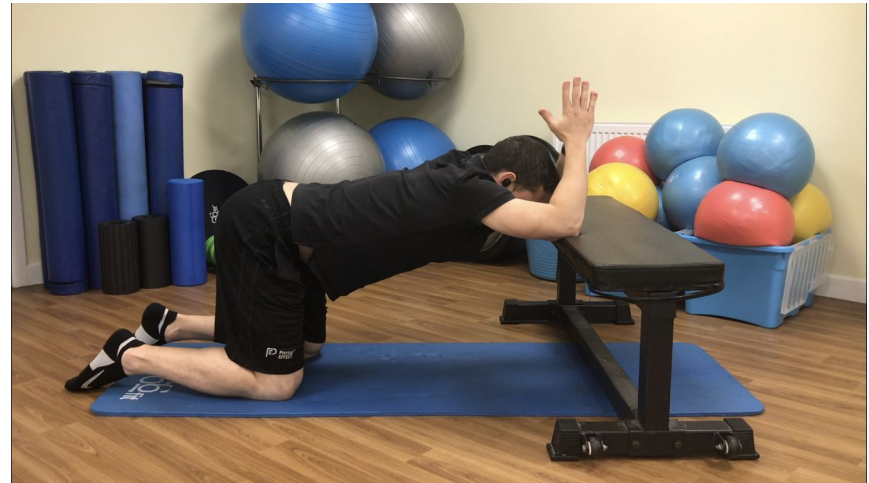
- Begin in all 4s position with arms straight out elevated on flat surface. Gently sit bottom back towards heels and **let weight drop down between shoulder blades** and through upper back
- When in position try gently squeezing shoulders together and releasing and light pressing through the hands with slight twist/rotation movement
- Try breathing in deeply and coming out of the stretch slightly then breathing out slowly and dropping deeper into stretch
- **Explore the stretch position** with subtle movements and breathing for 60 seconds +



Exercise 2:

Prayer Stretch (Option 2)

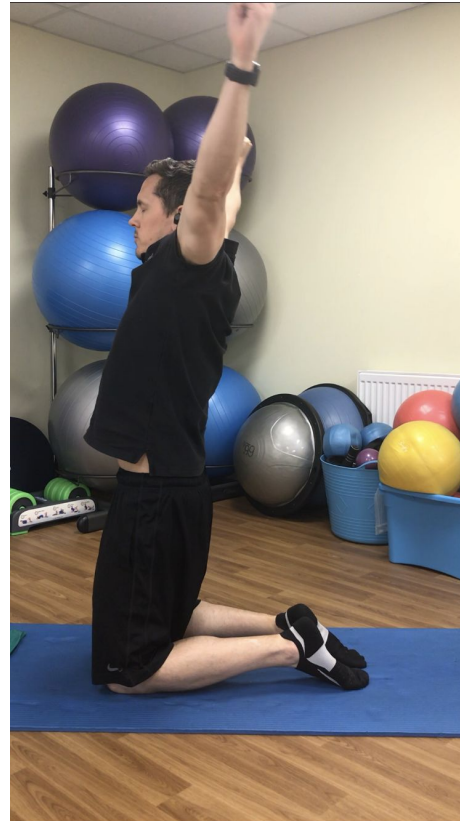
- Perform stretch as above but move to have elbows resting on flat surface with arms positioned in **'Prayer' posture**
- Sit weight gently back and down **relaxing between shoulder blades** and across upper back. Try to let head bypass the bench (surface)
- Try breathing in deeply and coming out of the stretch slightly then breathing out slowly and dropping deeper into stretch
- **Explore the stretch position** with subtle movements and breathing for 60 seconds +



Exercise 3:

Shoulder Dislocates (Stick or Band)

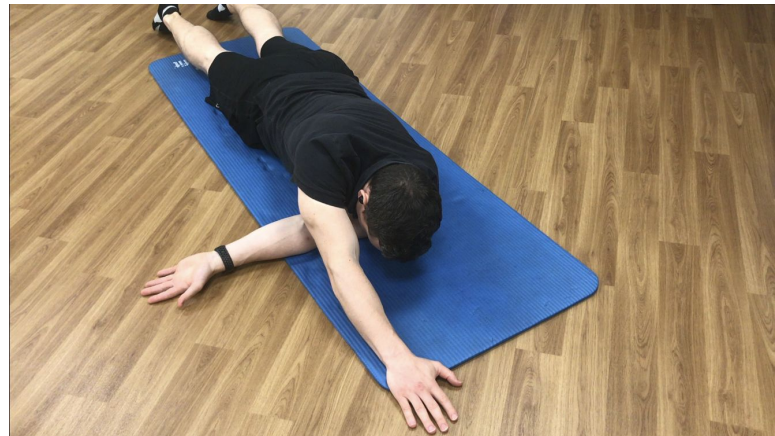
- Begin in **high kneeling or standing** - Holding a stick or band keep **arms straight and core tight**, slowly bring arms straight overhead and around down towards lower back. Allow shoulder blades to gently shrug then rotate and slide down as you circle arms overhead
- Return to start point slowly ensuring not to over-arch through lower back
- Repeat for 10-15 repetitions



Exercise 4:

'L' Position Prone Shoulder Stretch

- Begin lying on your front. Gently reach with shoulder to be stretched under and across your body at shoulder height with palm facing up. Allow other arm to stretch straight overhead **forming an 'L' shape with your arms**
- **Gently rotate into the stretch** as if trying to square up shoulder blades increasing the pull/stretch felt in back of the shoulder reaching across body. Hold and release this motion for several repetitions
- Work in this position for 60 seconds + on each arm



Exercise 5:

1/2 Crucifix Chest Stretch

- Start face down with **side to be stretched arm extended fully out at shoulder height palm down**. Opposite arm is bent at 90 degrees at elbow hand at shoulder height ready to push into stretch
- **Gently push with bent arm** while rolling weight of legs over to create a strong opening stretch of the chest of the straight arm
- Gently push in and out of the stretch holding for a few seconds then releasing and repeat
- Explore this stretch for 60 seconds + on each arm

