REAR FLY

secure band with door jam strap

standing arm length away, with light tension on band

keeping arms straight, pull band out and back, pulling shoulder blades together

slowly return to start position

do 2 sets of 10-15 reps

* be careful not to reach forward with head
BENT ARM ROW

secure band with door jam strap
hold each end of band in hands
pull arms back, keeping elbows close to sides, pulling shoulder blades together
slowly return to start position
do 2 sets of 10-15 reps
* be careful not to reach forward with head
STRAIGHT ARM ROW

- secure band with door jam strap
- hold each end of band in hands
- pull arms back, keeping arms straight and close to sides, pulling shoulder blades together
- slowly return to start position
- do 2 sets of 10-15 reps
  * be careful not to reach forward with head
SHOULDER ADDUCTION

holding band in front, arms straight forward chest height, thumbs up

pull arms out to sides, pulling blades together

do 2 sets of 10-15 reps

* be careful not to reach forward with head
EXTERNAL ROTATION

standing with band in front, elbows to side, thumbs up

pull arms apart and out to sides, pulling blades together

do 2 sets of 10-15 reps

* be careful not to reach forward with head
CORNER STRETCH

Stand facing a corner, hands on wall and slightly below shoulder height. Keeping back straight, head in neutral position step forward into corner until stretch is felt in chest/front of shoulders. Hold for 10 seconds. Repeat 5 times.

Performance Physical Therapy & Fitness