



Mobility & Stretching

Thoracic Paraspinal Release & Extension



- Begin on floor with double lacrosse ball on the fleshy area on each side of the spine. Begin with the ball mid-back, at the bottom of your shoulder blades.



- Allow your body to sink onto the balls, and hold the tender areas for 10 seconds. Gradually work your way up the spine.



- Take your arms from overhead to beside the body and back to overhead. Work this motion back and forth, working through positions that feel restricted.
- Perform 5 repetitions.
- Move the ball up the spine, towards the head.
- As you move towards the top of your shoulders, increase the intensity by pushing through heels into a bridged position. This will increase pressure down onto the balls, and increase the release.
- Stop when you reach the top of shoulders. Do not continue to the neck.

Upper Trapezius Release



- Begin by bending forward at the waist while standing in a doorway.
- Position a single lacrosse ball in the fleshy area between neck and shoulder towards the neck.
- Lean with ball against door frame pressing into body.
- Hold pressure on tender areas for 10 seconds before moving to a new area.

Pec Release



- Begin in a doorway, or on a wall corner, for best results.
- Move your arm up and out from your body at a 45 degree angle from your torso to stretch the tissue.
- Stand facing wall with feet about 2 feet from wall.
- Lean into ball against the wall.
- Scan the pec muscle area for tender spots and move your arms in an arc motion 5 times per area.
- Repeat on opposite side.

Lats / Subscap



- Begin by laying on floor with lacrosse ball on back of shoulder in fleshy area 2-3 inches below armpit.
- Relax and hold pressure at spot until discomfort decreases by at least half. Then move to next spot.
- **DO NOT continually treat the same spot during the same session. Doing so may cause tingling and numbness.**
- Scan entire length of shoulder blade, making 10 passes right to left.
- Repeat on opposite side.

Anterior Pathway Stretch



- Begin with hand against the wall. Keep wrist and elbow in line with shoulder through the entire stretch.
- *It is very important to actively hold shoulder blade down and back through this entire stretch.*
- Rotate your torso away from arm being stretched.
- You will feel a stretch down the bicep, forearm, and into palm and fingertips.
- If the stretch feels too deep, try rotating fingers slightly up or down to alleviate.
- Hold stretch for 30 seconds on each side.

Supine Pec Stretch on Foam Roller



- Begin by lying on foam roller, on your back. Head should be supported by the end of the foam roller.
- The foam roller should be laying along the length of your spine, with feet planted firmly on the floor.
- Before beginning the stretch, tuck your pelvis and flatten your low back against the foam roller.
- While keeping head against the roller, tuck ribs down towards your belt line to ensure core stays tight through the entire stretch.
- Place shoulders and elbows at 90 degree angles and gently allow them to stretch down towards the floor.
- You should feel a stretch through your pec muscles.
- Move arms up and down from the starting point to feel different areas of the stretch.
- Hold this stretch for 30 seconds in each position.



This exercise is to be followed by
Supine Angels on Foam Roller
(see below)



INJURY PREVENTION SERIES

SHOULDER PAIN



Stability & Strengthening

Supine Angels on Foam Roller



- Begin by lying on foam roller, on your back. Head should be supported by the end of the foam roller.
- Foam roller should be laying along the length of your spine, with your feet planted firmly on the floor.
- Before beginning the exercise, tuck your pelvis and flatten back against the foam roller.
- While keeping head against the roller, tuck ribs down towards your belt line to ensure core stays tight through the entire exercise.
- Place shoulders and elbows at 90 degree angles, and rotate pinky fingers towards the floor.
- Moving arms in an arc motion, bring arms up and over your head, and then draw triceps down towards your sides. Focus on drawing shoulder blades up and down through the arc as if you are trying to squeeze your shoulder blades around the roller.
- This entire movement should be active, and you will feel muscles around your shoulder blades working.
- Repeat 10 passes up and down through the arc motion.



Standing Band "Pull Aparts" Behind Back



- Stand with a light Theraband behind back. Begin by actively bracing abdominal area. Keep it tight throughout the entire exercise.
- Make sure the Theraband is wrapped around both hands before you begin. The Theraband should sit at the level of glutes before beginning the exercise.
- Rotate thumbs so they are pointing out and away from your body.
- With shoulders down and back, stretch the band apart as arms to travel upward and away from your sides.
- Do not allow the Theraband to stretch and rise beyond the level of low back. Shoulders should stay actively pressed down and back.
- Repeat 10 times.



Chair / Box Press-Up



- Start by sitting on the edge of a chair or box.
- Point your fingers forward and place them on the chair directly next to your hips.
- Make sure hands are directly below shoulders, and keep wrists, elbows, and shoulders stacked.
- Push into the chair as if trying to lift yourself off of the chair.
- Notice how pushing down into the chair naturally draws shoulder blades down and back. Hold this active position for 5-10 seconds, and release.
- Repeat 10 times.



Supine Spinal Twist with Scapular Retraction



- Begin with back on floor. Bend knees, and your feet on the floor.
- Actively brace abdomen by flattening low back onto the floor, and by tucking your ribs down towards your belt-line.
- Raise left arm up to be perpendicular with the floor, and draw shoulder blade of that arm down and back against the floor. Maintain this tension and actively press this shoulder blade into the floor through the entire exercise.
- With a controlled motion, allow knees to roll to the right and reach the floor. Keep pressing into the floor with left shoulder blade. Using your braced core, draw knees back to mid-line and roll to opposite side.
- Perform 5 spinal twists and repeat on other side.
- Add resistance to increase the activation of the scapular stabilizers.



MONITOR YOUR BODY. IF AT ANY TIME YOU EXPERIENCE NUMBNESS OR A TINGLING SENSATION, IMMEDIATELY STOP THE EXERCISE.

To learn more, call or click:

(800) 404-6050

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