

Phase 1

GOOD FOR:

- Alleviating anterior shoulder pain
- Relieving muscle tension
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Tools: small massage ball, physio (exercise) ball

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

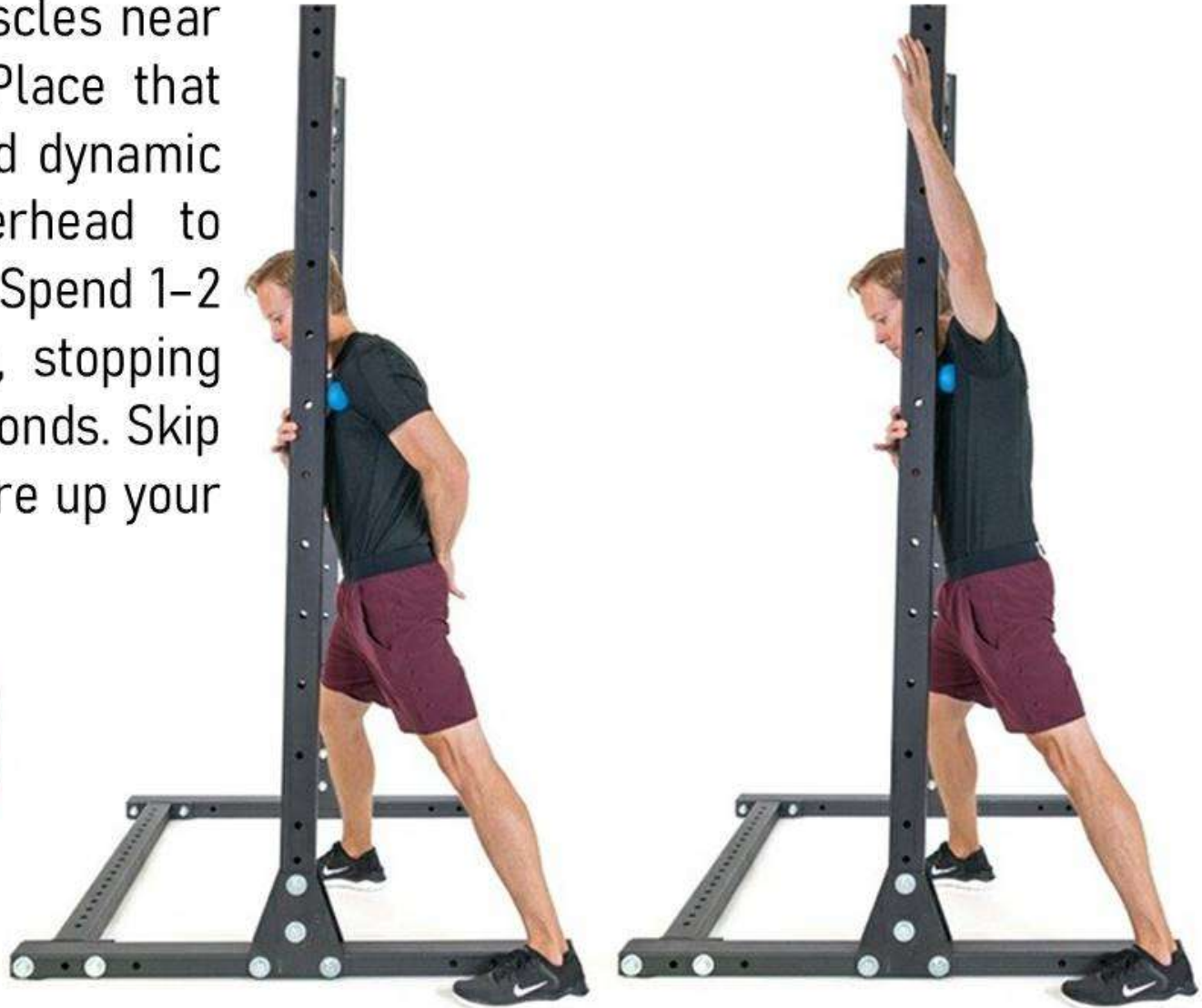
elbow flexor mobilization

Lay your arm out straight on a bench or table with your palm facing up. Press a small massage ball into your elbow flexor muscles (lower biceps) and massage around the area. Add dynamic movement by bending your arm to further mobilize the muscle. Spend 1-2 minutes massaging the area, stopping on tender points for 10-20 seconds.



pectoral mobilization

Position the ball between a doorframe or rack and your pectoral muscles near the front of your shoulder. Place that arm behind your back and add dynamic movement by reaching overhead to further mobilize the muscles. Spend 1-2 minutes massaging the area, stopping on tender points for 10-20 seconds. Skip the arm movements if they flare up your symptoms



levator scapulae mobilization

Position the ball at the corner of your shoulder blade. Elevate your hips to increase the pressure. Add arm movements to further mobilize the muscle (skip if this flares up symptoms). Spend 1-2 minutes massaging the area, stopping on tender points for 10-20 seconds.



shoulder flexion mobility with exercise ball

Place your arms on a physio ball with your elbows straight and your thumbs pointing up. Lean forward so that the ball rolls forward and your shoulders move overhead into flexion. Perform 2–3 reps with 20- to 30-second holds.



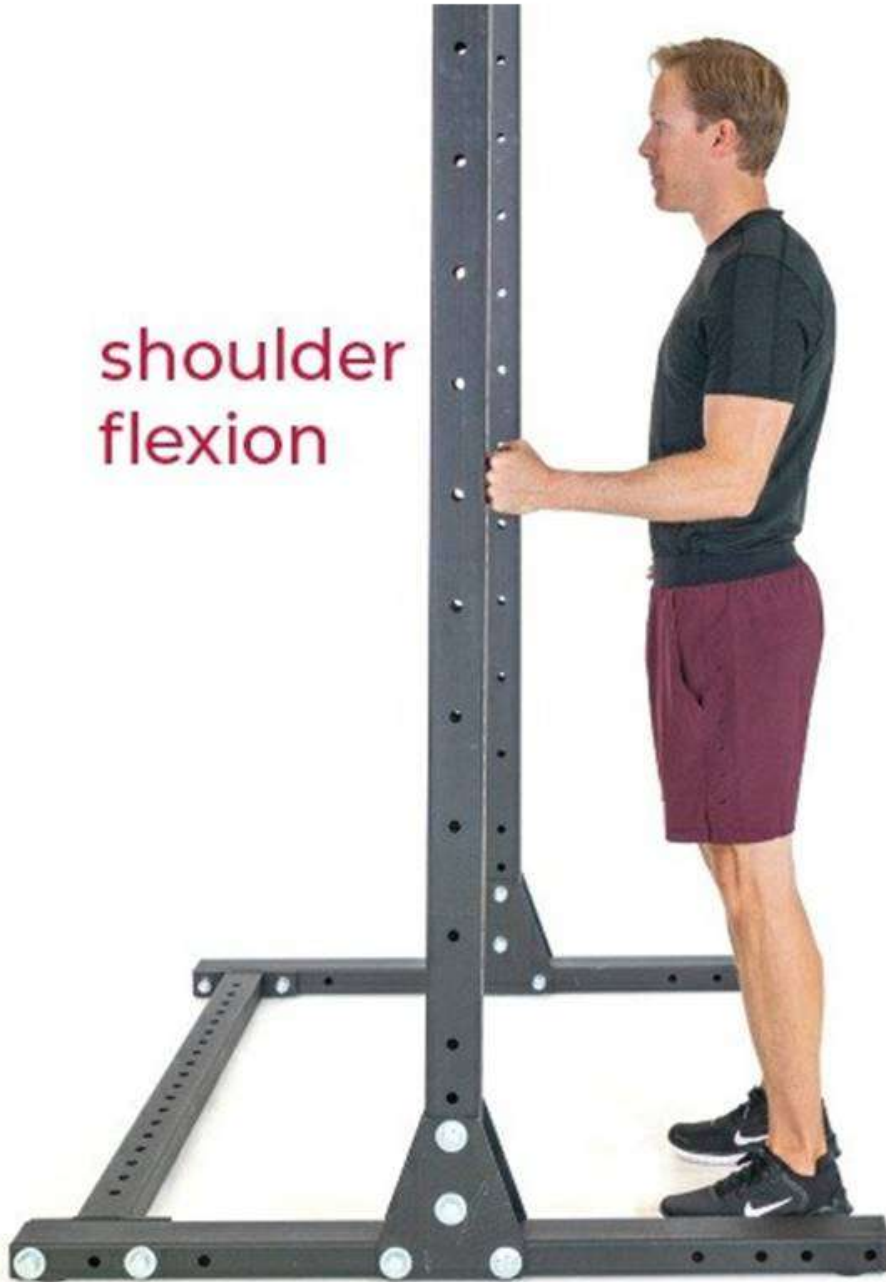
Phase 1

ISOMETRIC EXERCISES:

- Do 4 or 5 reps with 30- to 45-second resisted holds
- Apply as much force as you can tolerate with no more than mild pain

Amigo-PT (Protocols)

shoulder
flexion



external
rotation

