

# Phase 1

## GOOD FOR:

- Alleviating shoulder pain
- Improving neuromuscular control
- Warm-up for phase 2 and 3 exercises

## GUIDELINES:

- Perform every day
- Tool: small massage ball
- Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

# Phase 1

## SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds

## posterior rotator cuff mobilization

Lying on your side, position a small massage ball on the back of your shoulder just below your shoulder blade. Control the pressure with your upper body: roll into the ball to increase the pressure; rotate away from the ball to decrease the pressure. Move your shoulder into internal rotation with your other arm to dynamically mobilize the muscles. You can also do this exercise standing against a wall.





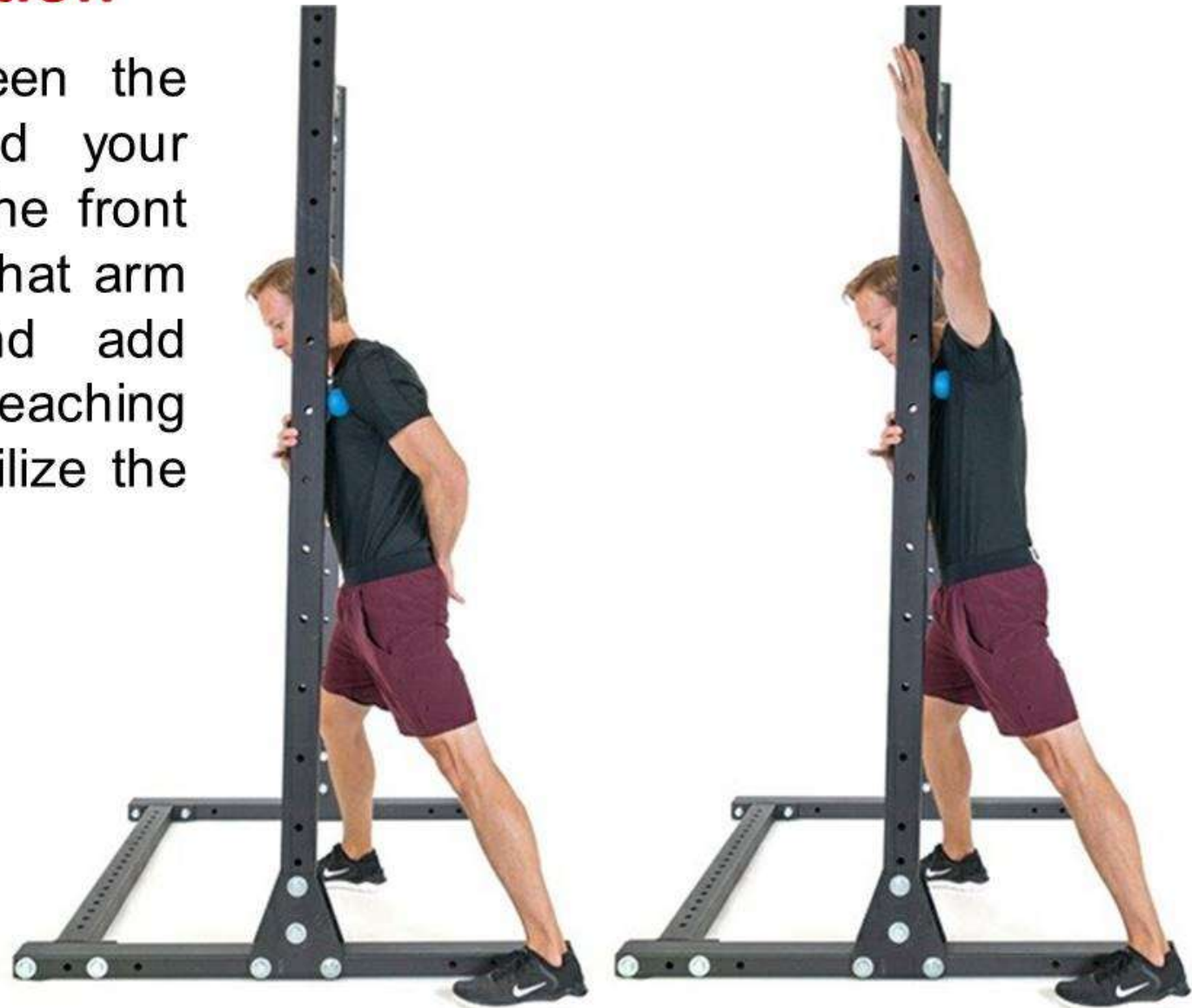
## rhomboid mobilization

Place the ball in the space between your shoulder blade and spine. Work up and down several inches around the shoulder blade (rhomboids). Add arm movements and lift your head to further mobilize the muscles.



## pectoral mobilization

Position the ball between the 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.



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## MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM)—move as far as you can without pain
- Pause at end range for 2–3 seconds



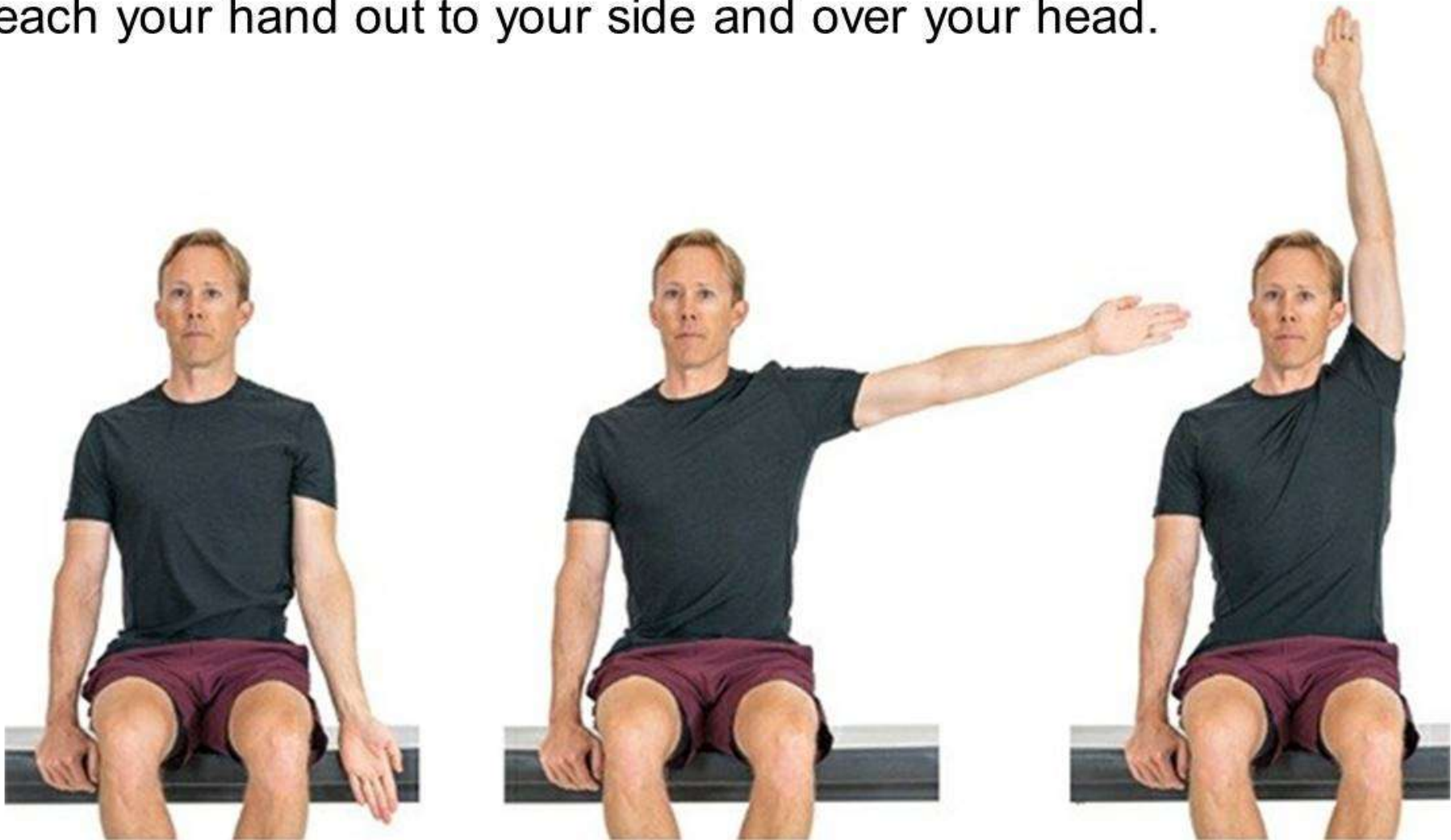
## shoulder flexion mobility

Stand or sit with your arm at your side and your palm facing inward. Keeping your arm straight and leading with your thumb, reach your hand out in front of your body and over your head.



## shoulder abduction mobility

Stand or sit with your arm at your side and your palm facing forward. Keeping your arm straight and leading with your thumb, reach your hand out to your side and over your head.





## **shoulder internal and external rotation mobility**

Bend your elbow at 90 degrees with your thumb facing upward. Keeping your elbow close to your body and thumb up, rotate from your shoulder and move your hand outward and then inward.



# Phase 1

## ISOMETRIC EXERCISES:

- Do 4 or 5 reps with 30- to 45-second resisted holds
- Apply as much force as your shoulder can tolerate with no more than mild pain
- Bend your elbow to 90 degrees and push into a wall or rack

## Amigo-PT (Protocols)

