

Phase 2

GOOD FOR:

- Improving range of motion
- Building early scapular strength
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform every day
- Tools: foam roller, bench

Add phase 3 when you can do the exercises with no more than mild pain (3/10)

Phase 2

MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM), move as far as you can with no more than mild pain
- Pause at end range for 2–3 seconds

thoracic flexion and extension mobility

Get into the quadruped position (knees aligned under your hips and shoulders over your wrists). Flex (round) your mid-back and neck, then extend. Try to isolate your mid-back and limit movement through your lower back.



shoulder protraction and retraction mobility

With your posture upright and your spine neutral, protract your shoulders by pushing them forward, then retract by pulling them back, squeezing your shoulder blades together and tucking your chin slightly at end range.



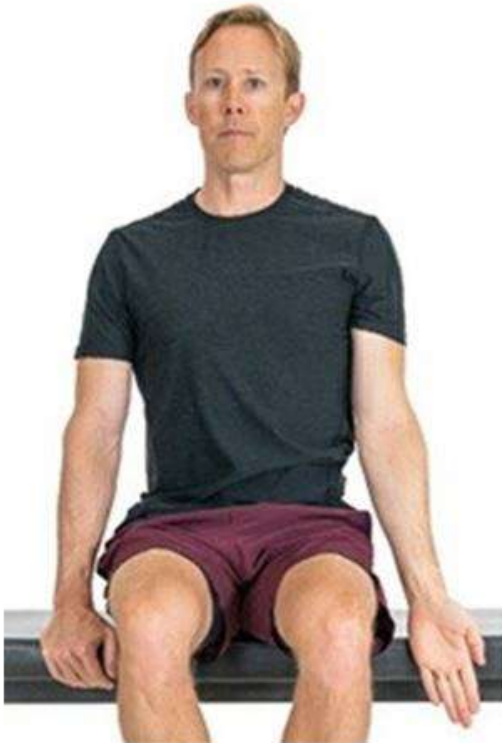
shoulder flexion mobility

Stand or sit with your arm at your side and your palm facing inward (thumb up). 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 the side and over your head.



shoulder internal and external rotation mobility

Start with your arm at your side, elbow bent at 90 degrees and 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.



angel

Position your spine over a foam roller so that your head and tailbone are supported. Start with your arms at your sides and palms up, then reach as far overhead as you can without pain.



prone t

Lie facedown on a bench with your arms hanging down, your wrists positioned just behind your shoulders, and your palms facing forward. Leading with your thumbs and keeping your elbows straight, lift your arms out to the side and make a “T” shape. Squeeze your shoulder blades together at the top of the motion.

