





Scapular movements		<ul style="list-style-type: none"> • Standing against wall • Try to rotate your arms to get as flat as you can against the wall • Hold for 10 seconds and relax • X 5
Rotator cuffs		<ul style="list-style-type: none"> • Resistance band to side or light dumbbell • Elbow into your side • Pull arm out • 3 x 10 each arm
Bent over row		<ul style="list-style-type: none"> • Bend over with bent knees and flatten back • Squeeze belly button • Standing on bands, lift up and squeeze shoulder blades • 3 x 12
Resistance band retraction		<ul style="list-style-type: none"> • pull band so taught • keeping good posture, use your shoulder blades to pull bands back • squeeze shoulder blades and release • 3 X 10

Tennis ball release in upper back and stretch chest in doorway

