

Notes :

1 Lower trap retraction on wall

Sets: 2 Reps: 5 Tempo: Slow



Stand facing a wall.

With the elbows down and the side of your hands and forearms on the wall, pinch your shoulder blades down and in.

If you are able to do it, raise your hands slightly higher on the wall. Keep raising your arms until the shoulder blades movement becomes difficult-perform the repetitions from there.

In that position, pinch your shoulder blades down and in, release the position and repeat the exercise for the prescribed number of repetitions.

2 Band rowing

Sets: 2 Reps: 5 Tempo: Slow



Stand and tie an elastic in front of you at waist level and hold each ends with your hands. With your shoulders down and back, pull your arms back by bending the elbows and retracting your scapulas. Slowly return to the initial position and repeat.



3 Shoulder depression with band

Sets: 2 Reps: 5 Tempo: Slow



Attach a resistance band at head level or higher and hold the end in the hand of the working side. Stand close to the band so it comes vertical. Pull the band down with the hand, without side bending the trunk or doing any other movement; only the shoulder should lower. Relax your upper trapezius and focus on the lower trapezius to lower the shoulder. Return to the starting position and repeat.

4 Shoulder inferior glide

Sets: 2 Reps: 5 Tempo: Slow

Sit with your elbows supported on a table and hold a band in your hands. Apply a light tension on the band. Pull the elbows down and behind, and actively elongate the upper back.



5 External rotation



Sets: 2 Reps: 5 Tempo: Slow

Stand with your elbows bent at 90 ° on your sides.

Place the band around your wrists, with palms facing each other and tension in the band. Move your hands apart in a controlled movement, keeping your elbows in place.



6 Shoulder internal rotation

Sets: 2 Reps: 5 Tempo: Slow



Stand sideways in front of a closed door with a piece of tubing attached to it.

Bend your elbow closest to the door to 90 degrees.

Hold the elastic in your hand and pull it inwards by rotating the arm to bring the palm toward the stomach.



7 Shoulder ext./int. rot elastic

Sets: 2 Reps: 5 Tempo: Slow



Stand and tie an elastic in front of you at head level. Hold the elastic tightly with your palm facing upwards making your arm straight at shoulder level. Pull your arm straight down and internally rotate your arm so that when you reach the end position your palm is facing backwards away from your body. Keep your arm straight, shoulder back and torso stable during the exercise. Slowly return to the initial position and repeat.

8 Scapular (A)



Sets: 2 Reps: 5 Tempo: Slow

Start in standing with a band attached to an object located in front of you, just below chest level.

Then, keeping your shoulder blades down and back, move both arms at a 45 degree angle from your body in order to form an "A". Hold the position for a few seconds and repeat the exercise.

