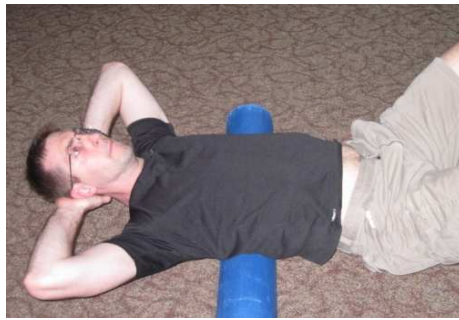


Perform as a warm up every other day for 2 weeks if you have minor shoulder pain.



1. Sit your butt on the ground and position the roller under your shoulder blades as you lean over the roller as far as you can without pain. Return to the starting position. Perform 10 repetitions moving slowly. You may hear some popping in your mid back, that is not anything to worry about.



2. Perform 2 repetitions of 30 second holds on each arm using 15 - 35lb kettle bells. Hold the kettle bell with your elbow extended and palm facing inward towards the other arm. Don't let your arm twist in or out, but hold it as shown in the picture. Alternate arms and hold still trying not to let your arm move, swing, or shake.



3. Perform 15 internal rotations laying on the floor using 3lb to 5lb dumbbells in each hand. Hold arms out to the side as shown in the picture and rotate back as far as you can without pain. Rotate forward to the starting position as shown. Start with 3 lb and work up to 5lb in each hand when you feel no pain.



4. Perform 20 repetitions using 3 lb dumbbells in each hand. Start with your arms as shown and rotate them externally to form the letter W. Move slowly and keep your elbows from moving up or down during the rotational movement. Stand with your chest tall and avoid sticking your head forward during the movement.



5. Perform 20 repetitions using thin tubing or the large red bands if you are strong enough. Start with elbows extended and pull the band across your chest keeping arms at shoulder height. Squeeze shoulder blades together to pull the band across the chest as far as you can. Don't roll your shoulders forward. Don't stick your head forward during the movement.



6. Perform 10 push up position protractions and retractions. Start in push up position and drop your torso towards the ground by squeezing your shoulder blades together without bending your elbows. Next, push your torso up so that your shoulder blades wrap around your rib cage while keeping your elbows extended.

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7. Perform stretch for 45 seconds on each arm. Raise one arm above your shoulder with your palm against the wall and fingers pointing away from your body. Turn your body and head away from your shoulder being stretched. You should feel the stretch from your biceps across the front of the shoulder and through the top of your pec muscles.