

Perform every other day. You should consult your Chiropractic Doctor before performing these movements to determine if they are safe for you. These images are an example of a shoulder warm up routine, and are not intended to be interpreted as instructions or medical advice.



1. Sit your butt on the ground and position the roller under the middle of your back as you lean over the roller as far as you can without pain. Reposition the roller higher under the mid back and lean over it. Finally move the roller under the upper back and extend over it. Perform as many times as you need to until you feel loose while extending over the roller.



2. 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.



3. 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.

Jeremie Pederson D.C.

713-526-2225

www.chiropracticnutritionalsolutions.com



4. Perform 15 lateral shoulder raises using 5 to 7.5 lb. Raise arms out to the side of you at approximately 30 - 45 degree forward angle so that you are half way between raising them sideways and forward. Your goal is to wrap your shoulder blades around your rib cage when lifting the weights to shoulder height, then lower them slowly. stop if you feel pinching or irritation in your shoulders.



5. Perform 10 - 15 scapular push ups using 20 lb dumbbells or larger to make room for your knuckles so that they don't hit the ground. Lower yourself as far as you can while squeezing your shoulder blades together. Don't allow your shoulders to roll forward. The entire shoulder girdle should pull together towards your spine. Push up and round your shoulder blades across the back of your ribs.



6. 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 body as you move forward away from your arm. You should feel the stretch from your biceps across the front of the shoulder and through the top of your pec muscles.