

SFMA Shoulder Corrective Exercises

Seated Thoracic Extension Mobilization – Sit with knees higher than the hips to lock out the low back. Interlock the fingers behind the neck and bring the elbows together in the front. Slowly raise the elbows toward the ceiling, exhaling as you reach the top of the motion. Perform _____ repetitions, _____ sets.



Thoracic Extension w/ Foam Roller – Lie with a foam roller, swim noodle, or towel roll across the back at the level of the top of the scapulae. Hands behind the head and elbows in tight. Gently lean back over the roller exhaling as you go. Keep the rib cage down. Perform _____ reps, and then move up an inch on the roller. Continue to perform the given number of reps at each level until reaching the bottom of the scapulae.



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Side Lying Thoracic Rotation – keep one knee on a foam roller, or 2 pillows, with the hip flexed at least 90 degrees. Place the hand on the stomach/ribs and pull the shoulder back to the floor. Exhale as you turn to get more motion. Perform _____ reps, _____ sets in each direction.



4 Point Thoracic Rotation – sit back on your heels to lock out the lower back. Holding one hand behind the head, turn as far as possible under your body and then open up as far as possible toward the ceiling. Be sure to exhale at the end range of each position. Perform _____ reps, _____ sets in each direction.



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Pillow Press – Start with one arm overhead resting on _____ pillow(s) with the elbow straight and palm up. The other arm is straight out by your side with the palm up. Be sure the shoulders are not shrugged! Press down hard with both arms and cycle a breath (one full inhale/exhale), and then relax. Perform _____ reps, _____ sets each side. To add neck rotation, simply turn the head as far as comfortable toward the ‘up’ arm and then back to neutral during the arm press. *If you experience shoulder pain with this exercise, add another pillow. *



Floor Press - Start with one arm overhead with the elbow straight and palm up. The other arm is straight out by your side with the palm up. Be sure the shoulders are not shrugged! Press down hard with both arms and cycle a breath (one full inhale/exhale), and then relax. Perform _____ reps, _____ sets. To add neck rotation, simply turn the head as far as comfortable toward the ‘up’ arm and then back to neutral during the arm press.



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Supine Shoulder Flexion/Extension – Keep the elbows straight and pull one arm overhead and one arm to the side. Palms should be turned up at the end ranges of motion. Do not shrug the shoulders! Work on breathing normally throughout the exercise. Perform _____ reps, _____ sets with each arm. To add neck rotation, simply turn the head as far as comfortable toward the 'up' arm during the pull, and then back to mid-line as the arms return to the start position.



Standing Shoulder Flexion/Extension – Keep the elbows straight and pull one arm overhead and one arm to the side. Palms should be turned forward by the end ranges of motion. Do not shrug the shoulders! Work on breathing normally throughout the exercise. Perform _____ reps, _____ sets with each arm. To add neck rotation, simply turn the head as far as comfortable toward the 'up' arm during the pull, and then back to mid-line as the arms return to the start position.

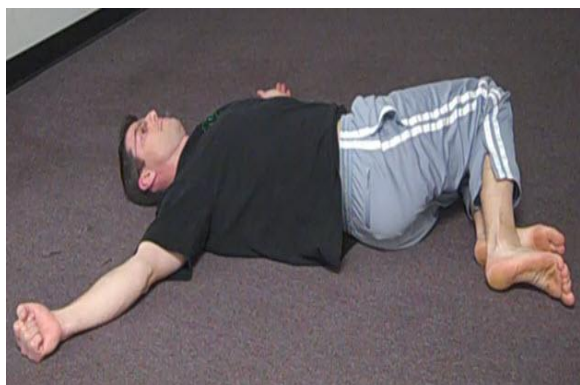


SFMA Shoulder Corrective Exercises

Scapular Stabilization with Trunk Rotation – Start with the arms straight out to the sides with the palms up. Knees are bent with the feet flat on the floor. Slowly rotate the knees to one side while keeping the opposite shoulder pressed into the floor. If you feel the shoulder start to come off the floor then bring the knees back to the start as this is the point that shoulder stability is lost. Perform _____ reps, _____ sets in each direction. Work on breathing normally throughout the exercise!

Progression #1 – Lift the feet off the floor so that the hips and knees are each bent 90 degrees (see the second photo). Rotate the knees to the side only as far as you can keep the backside shoulder pressed into the floor. Perform _____ reps, _____ sets in each direction. Work on breathing normally throughout the exercise.

Progression #2 – Lift the feet off the floor and straighten the knees so that the legs are vertical (see the third photo). Rotate the legs to the side only as far as you can keep the backside shoulder pressed into the floor. Perform _____ reps, _____ sets in each direction. Work on breathing normally throughout the exercise.



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Seated Wall Abduction w/ Spinal Correction – Sit with your tailbone back against the wall, knees out and feet together. Attempt to keep your spine flat against the wall including the back of the neck. Actively, or with the help of a stick, slide the arm up the wall keeping the forearm lightly pressed into the wall through the entire range of motion. When the forearm begins to lift off, return to the start. Perform _____ reps, _____ sets . Work on breathing normally throughout the exercise.



Standing Wall Abduction w/ Spinal Correction – Stand with your back against the wall and feet out 4-6 inches. Attempt to keep your spine flat against the wall including the back of the neck. Actively, or with the help of a stick, slide the arm up the wall keeping the forearm lightly pressed into the wall through the entire range of motion. When the forearm begins to lift off, return to the start. Perform _____ reps, _____ sets. Work on breathing normally throughout the exercise.



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Reach – Roll – Lift – Sit back onto the heels and bring the upper body toward the floor stabilizing on one arm. The closer the upper body is to the floor, the more difficult the exercise. Slide the arm out as far as possible and then roll the palm over (photo #1). From there, lift the arm with the elbow straight and hold _____ seconds. Perform _____ reps, _____ sets with each arm.



Quadruped Diagonal Reach – Start on all fours with the hands under the shoulders and knees under the hips. Attach a band around the opposite foot to anchor the band. Post, or push through, the 'down' arm to stabilize the upper body. Turn the shoulder out so the thumb is up and lift with the elbow straight. Perform _____ reps, _____ sets with each arm. To ensure a stable trunk and shoulder girdle during the lift, place a towel roll or water bottle along the spine and between the shoulder blades. This should not fall off during the exercise.



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Push-Up Plank Diagonal Reach – Start in a push-up position with the feet wide apart (bring the feet closer together to make the exercise more challenging). Post, or push through, the ‘down’ arm to stabilize the upper body. Turn the shoulder out so the thumb is up and lift with the elbow straight. Perform _____ reps, _____ sets each arm. To ensure a stable trunk and shoulder girdle during the lift, place a towel roll or water bottle along the spine and between the shoulder blades. This should not fall off during the exercise.



Push-Up Plank Opposite Arm and Leg Reach – Start in a push-up position with the feet wide apart (bring the feet closer together to make the exercise more challenging). Post, or push through, the ‘down’ arm to stabilize the upper body. Turn the shoulder out so the thumb is up and lift with the elbow straight. Simultaneously lift the opposite leg and hold _____ seconds. Perform _____ reps, _____ sets each way. To ensure a stable trunk and shoulder girdle during the lift, place a towel roll or water bottle along the spine and between the shoulder blades. This should not fall off during the exercise.



SFMA Shoulder Corrective Exercises

Thoracic Rotation + Floor Sweep – Flex the top knee and hip and support on a foam roller or pillows (large enough that you can get the shoulders turned to the floor). Start with the arm straight out to the side and palm up. Flex the elbow and sweep the floor with the forearm bringing the hand closer to the head. Return to the start position, turn the palm down, and then sweep the floor bringing the hand behind the back. Keep the shoulder pinned to the floor throughout both movements, and continue normal breathing. Perform _____ reps each direction, _____ sets each arm.

