



For colour images see 'Resources & Programs' at:
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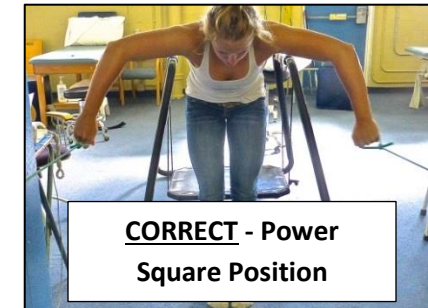
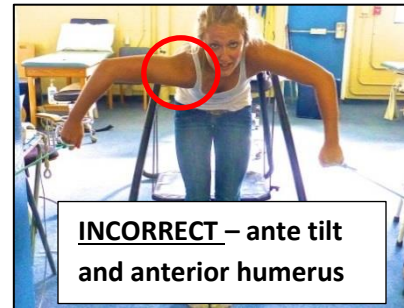
Shoulder Muscle Re-Education Program

All exercises should be performed in a smooth, controlled and precise manner
Initially the exercises should be performed three times per day with 8-10min intervals rather than a full 30min workout. The initial volume should be restricted to 3 sets of 6-8-10 reps with a 1min rest period between reps. The Initial goal should be 3 sets of 12 reps with ultimate goal of 3 sets of 20 reps
Focus on – smooth movements, power square form, no ante-tilt

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Tel: 604-822-6833
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War Memorial Gym
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Plaza of Nations
B103-750 Pacific Blvd
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1. Hockey Stick – Wide 3 Zones

Light resistance by a partner at:

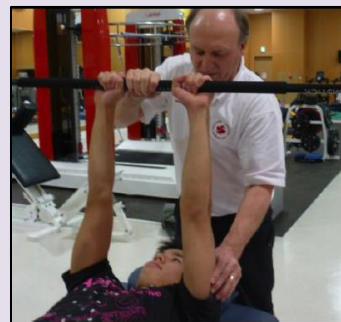
- a) Forehead b) Shoulder c) Diaphragm



2. Hockey Stick – Narrow

Light resistance by a partner at:

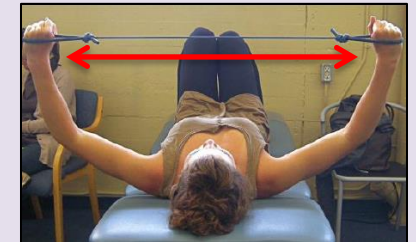
- a) Forehead
b) Shoulder
c) Diaphragm
d) Off-set 45° right and left



3. Band Drills – 3 Zones

Keeping arms straight, separate tubing with smooth, controlled motion at:

- a) Forehead
b) Shoulder
c) Diaphragm



4. Band Drills – Transitions

- Tension the band at the diaphragm
- Maintain tension as you move up through the shoulder to the forehead zone
- Release tension



Repeat in both directions

5. Co-contraction – 2 sets of bands

- With feet shoulder width apart, cross bands around ankles
- Raise arms overhead, keeping them straight
- Simultaneously tension all three tubes



6. Wipers – Supine

Reach for the ceiling and complete 3 motions:

- a) Oval Circles b) Reach right then left
c) Move north and south



7. Four Corners

- Start high right and move the weight to the left hip
- Then high left and move the weight to the right hip



8. Hawkins Supine

- Engage the scapula, reach towards the ceiling and make precise, controlled circles
- Complete 5 circles in each direction x 5



9. Hayden Punches

- Punch arm up towards the ceiling with smooth, controlled motion
- Emphasize the reach towards the ceiling at the top
- Switch arms slowly and with control



10. Pec Flies

- Start with arms over shoulders
- Lower arms out to the side with control, keeping them in line with the shoulders



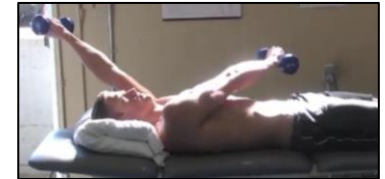
11. Scissors

- Start with arms raised up over shoulders, palms facing in
- With control, raise one arm overhead while lowering the other towards waist
- Reverse direction



12. Diagonals

- Start with arms high right and left
- One at a time, move weight across body to opposite hip in smooth, controlled manner
- Alternate arms



13. Skull Crushers

- Start with weight above shoulders
- Slowly lower weight down to forehead by bending elbows
- Return to start position and repeat



14. Hawkins Lateral

- Keep arm perpendicular and in line with shoulder joint
- Make precise and controlled circle patterns



15. Side Lying External Rotation

- Support the elbow with a rolled up towel
- Lower weight slowly, with control to a count of 5 seconds
- Lift up and repeat



16. Prone Series of 3 – Scapular Exercises

- Lift head and neck off bed with arms at side and neck in neutral. Reach towards feet with brief hold
- Move arms to shoulder height and squeeze shoulder blades together
- Transition arms overhead and lift up, squeezing shoulder blades down towards opposite pocket
- Return to start and repeat



17. Scapular Push-up

- Start in plank position, either on toes or on knees
- Ensure shoulder blades are flat against back (may need to have a partner to check positioning – no “winging”)



- Keeping hips stable, sag through the upper back until shoulder blades wing
- Push back up into flat shoulder blade position
- Repeat

18. V Plank

- Start on all 4s with hands under shoulders and knees under hips
- Push up into V-plank engaging shoulder blade and keeping back flat



- Perform single arm holds (check that supporting arm is firm)
- Open up to the side in power square position

19. Lateral Plank

- Position arm below shoulder
- Engage shoulder blade and push up into plank position
- Keep shoulders square and spine straight



20. Wax on/off

- Press hands into cloths on wall keeping shoulder blades flat on upper back
- Draw circles and reach side to side and up/down
- Ensure shoulders stay down and blades stay engaged on back (no winging)



21. Forearm Wall Walks

- Forearms flat on the wall, band held between hands with tension
- Shoulder blades flat on thoracic wall
- Alternate forearm movement up and down the wall (couple inches) with control and tension on band



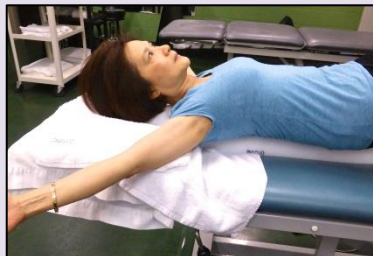
22. Serratus Anterior Hug

- Tie tubing in a doorway
- Hold tubing and perform a “hugging” motion, reaching forward maximally
- Perform reach at different heights
- Can repeat with single arm reaches



23. Laying over Half Roll

- Lay with spine centered on roll.
- Knees should be bent with feet flat on bed
- Arms can be opened to side or hugged gently into chest



24. Anterior Chest Stretch

- Standing in doorway with forearm against frame lean forward with slight twist of body away from arm
- Don't let shoulder roll forward



25. Traction Stretch

- Hold door frame, with feet close to door and lean out in controlled manner
- Keep shoulder and arm in line with each other
- Do not let shoulder roll forward



26. Throw Downs with Medicine Ball

- Hold ball over head with both arms (keep shoulders down)
- Throw ball down with controlled effort 6 inches away from body
- Catch ball and repeat



27. Throwers External Rotation

- Start from power square
- Stay co-linear on both arms as you turn trunk
- Keep elbows up and in line with shoulder



28. Supine Series of 3

- Laying on back or sitting up in a chair:
 1. Take deep breath in, expanding lower ribs up and out
 2. Lengthen neck by subtly tucking chin
 3. Pinch shoulder blades together
- Let breath out, while “letting off” above steps in opposite order (shoulders – neck – ribs)
- Repeat

ADVANCED DRILLS

29. Prayer on Ball

- Start in plank position on ball
- Ensure shoulder blades are flat and core engaged
- Challenge shoulder and core stability by rolling ball forward and side to side from elbows or lifting one leg off the ground



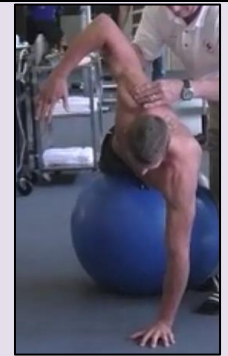
30. Walk off Ball

- Walk off ball starting from chest and moving to shins
- Ensure shoulder blades and core are engaged throughout (no winging of blades or exaggerated curve in lower back)
- Reverse direction and repeat



31. Open up off Ball

- Walk off ball until hips are balanced on ball
- Open up into power square posture, maintaining balance on the ball
- Ensure stable arm is firm and upper arm is in power square (like on V-plank)



32. Wipers with Core

- Start with weight over shoulders (lifted towards the ceiling) and knees over hips
 1. Bring legs and arms out to opposite sides, ensuring smooth motion. Reverse to other side
 2. Bring arms overhead while lowering legs towards the ground. Reverse



33. Divers' Drill

- Hook handles around feet and grasp band with two hands at midline of body
- Keeping elbows pointing towards feet and band close to the body, raise band overhead
- Release slowly and with control

