

**Blackburns #5 - Mid Trap/Rotator Cuff**

Lie down on stomach, rest your forehead on a rolled up towel. Raise your arms out the side making a 100 deg angle between your arm and torso. Straighten elbows and point thumbs towards the floor. Squeeze your shoulder blades together and lift arms up towards the ceiling. Hold.

Repeat 3 Times

Hold 6 Seconds

Complete 2 Sets

Perform 1 Times a Day

**Blackburns #6 - Mid Trap/Rotator Cuff**

Lie down on stomach, rest your forehead on a rolled up towel. Make a 90 deg angle between shoulder and torso and a 90 deg angle at elbow. Rotate your thumbs to point up to the ceiling. Squeeze your shoulder blades together and lift arms up towards the ceiling. Hold.

Repeat 3 Times

Hold 6 Seconds

Complete 2 Sets

Perform 1 Times a Day

**SCAPULAR PROTRACTION - SUPINE - FREE WEIGHT - SERRATUS PUNCHES**

Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and towards the ceiling. While keeping your elbows straight, protract your shoulders forward towards the ceiling. Keep your elbows straight the entire time.



Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day



### ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 15 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day



### ELASTIC BAND ROWS - 90 ABD

Holding an elastic band with both hands, draw back the band as you bend your elbows. Keep your about 90 degrees away from the side of your body.

Repeat 15 Times  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



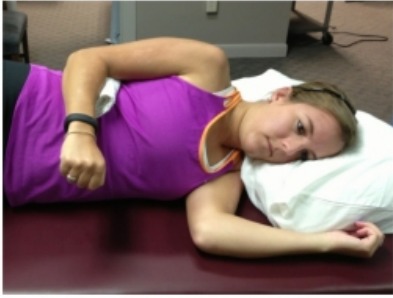
### LAT STRETCH - LATISSIMUS DORSI STRETCH

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Repeat 1 Time  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### Sidelying external rotation

Lying on the uninvolved side, bend your elbow by your side, place a towel roll between your elbow and rib cage.

Slowly raise your arm up towards the ceiling, slowly return to starting position.

Repeat 10 Times

Complete 3 Sets

Perform 2 Times a Day



### SERRATUS WALL SLIDE

Place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Next, protract your shoulder blades forward and then slide your arms up the wall as shown. Then, return to original position and repeat.

Repeat 5 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



### Foam Roll - Latissimus Dorsi

Laying with your side on a foam roller, lift your arm up to expose your lat. Apply pressure & foam roll from your armpit down to the middle of your ribcage.

Repeat 10 Times

Complete 1 Set

Perform 2 Times a Day



### Shoulder release: mid-trap, rhomboids, and levator scap

While lying on the floor, place ball towards the inside of shoulder blade on areas of pain or tightness. For increased stretch, extend arm up overhead or across your body