

Notes :

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self-management of your symptoms does not replace the value of being assessed by a Health Professional.

1 Band rowing

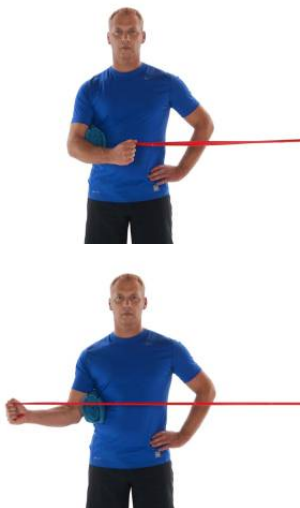


Stand and tie an elastic in front of you at waist level and hold each ends with your hands.

Squeeze your shoulders blades together first and then pull your arms back by bending the elbows.

Slowly return to the initial position and repeat. Perform 12-15reps, 2-3 sets. 2-3 days a week.

2 External rotation at 0° abd



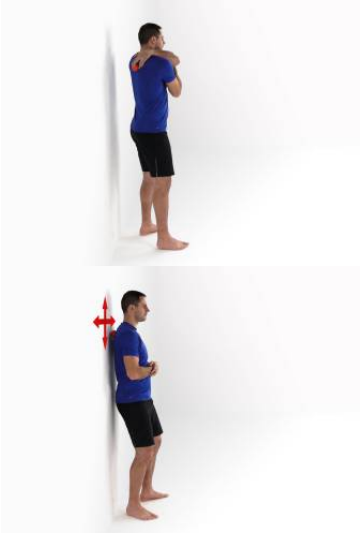
Anchor a resistance band at elbow height at your side and place a rolled towel between your arm and body.

Keeping your elbow on the towel roll, rotate your arm out against the resistance of the band.

Make sure your elbow does not come away from your body. Keep the elbow bent 90°.

Perform 8-12 reps, 2-3 sets, 2-3 days a week.

3 Muscle release with ball



Stand against a wall with a ball (tennis ball or similar) between your tense muscle region and the wall. Apply static pressure or roll the ball on and around the tender point.

1-2 minutes per side, 2-3 days a week.