



FIX MY SHOULDER PAIN

***FIXING YOUR
SHOULDER***

GET BACK TO

PAIN FREE

WORKOUTS

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By Rick Kaselj, MS & Mike Westerdal, CPT

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NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Fix My Shoulder Pain is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.



Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Please let me know what you think of this book. Visit <http://www.ExercisesForInjuries.com> or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

Rick Kaselj

IMPORTANT INFORMATION – STOP AND READ



Before you go on, please watch the video presentation (Component #4) that goes with this exercise manual.

The video presentation provides much more detail about the SR3 Method.

While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation and presentation handout.



Part #1 – Step #1 – Technique

#1 – Perfect Technique - Make sure you use perfect technique with these exercises.

Part #1 – Step #2 – Breathing



#2 – Standing Breathing (696)



#3 – Seated Belly Breathing (549)



#4 – Floor Breathing (532)

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Part #1 – Step #3 – Posture



#5 – Posture Wall Exercise (46)



#6 – Sitting Tall (550)



#7 – Posture Relaxation Exercise (547)

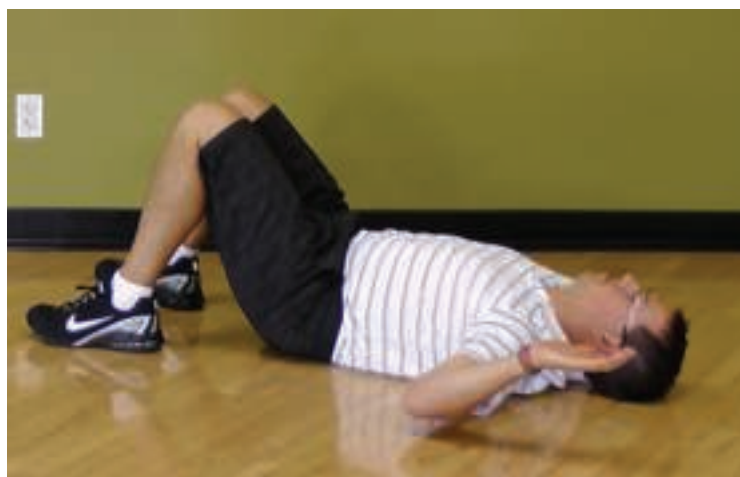
Part #2 – Step #4 - Self Massage



#8 – Self Massage of Scapular Muscles (570)



#9 – Tennis Ball on Shoulder Blade on Floor (588)



#10 – Tennis Ball on Shoulder Blade on Floor with Arm Movement (589)

Part #2 – Step#5 – Mobility



#12 – T Spine Foam Roller on Floor with Hand Support (552)



#13 – T Spine Foam Roller on Floor with Arms Crossed (553)



#14 – T Spine Foam Roller on Floor with Neck Support (554)



#15 – T Spine Foam Roller on Floor Praying Position (555)

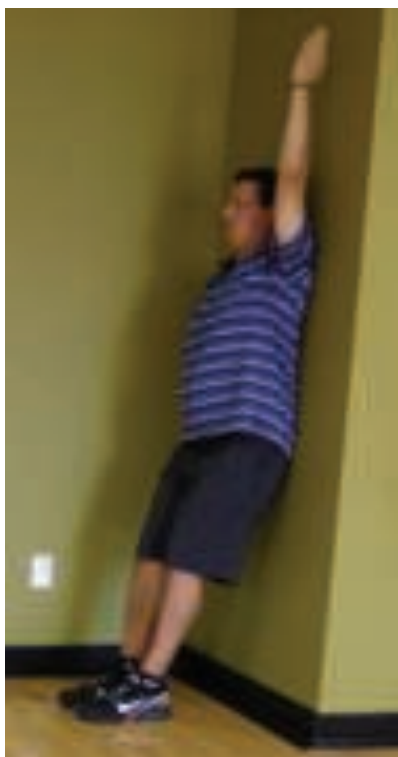
#16 – Seated T Spine Exercise (545)



#18 – T-Spine Arch on Wall with Arms Overhead (568)



Part #2 – Step#5 – Mobility (cont.)



#19 – T-Spine Arch on Wall with Alternating Arms (569)



#20 – T-Spine Arch on Floor (590)



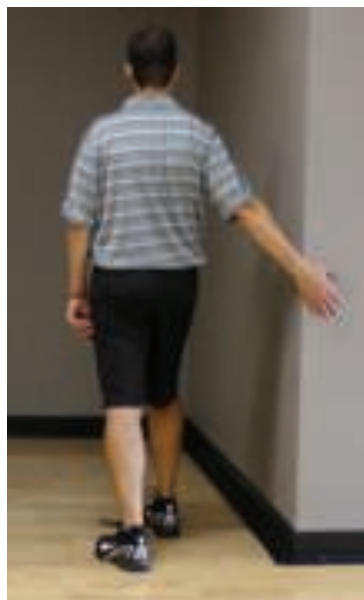
#21 – T-Spine Arch on Floor with Arms Overhead (591)



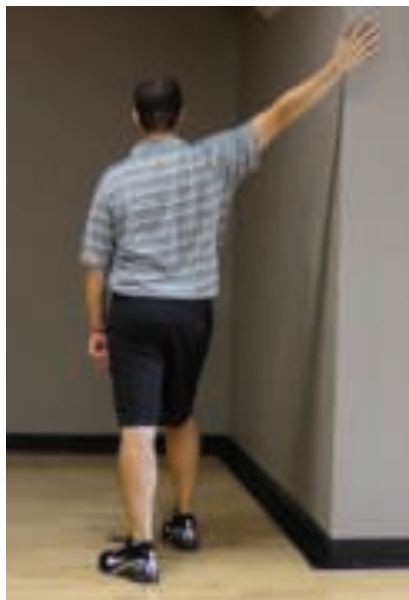
#22 – T-Spine Arch on Floor with Alternating Arms (592)



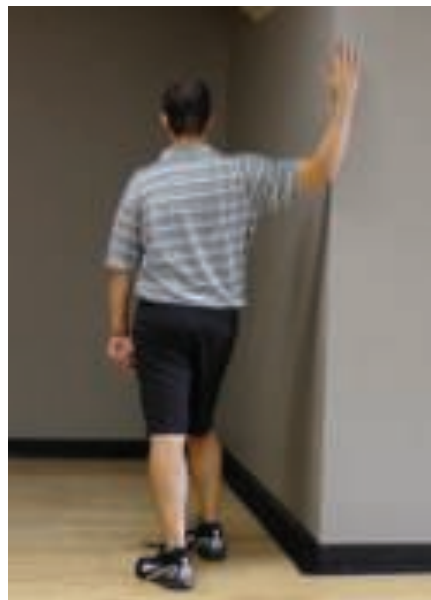
Part #2 – Step #6a - Stretching - Static



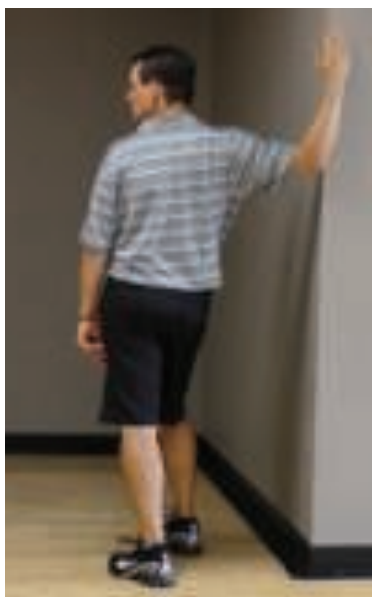
#23 – Bottom Corner Stretch (699)



#24 – Top Corner Stretch (697)



#25 – 90-90 Stretch (698)



#26 – 90-90 Stretch with Twist (700)



#27 – Sitting Arms Crossed Lats Stretch (707)



#28 – Sitting Lats Stretch with a Reach (706)

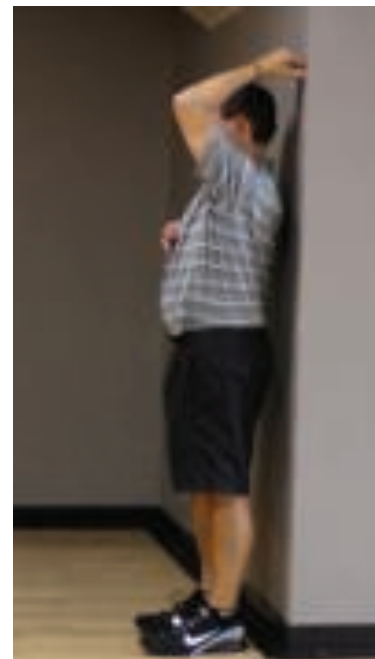
Part #2 – Step #6a - Stretching - Static (cont.)



#29 – Wall Reaching
Lats Stretch (701)



#30 – Machine Lats
Stretch (695)



#31 – Sliding Hand on
Wall Lats Stretch (702)



#32 – Lat Stretch to the Side on the Floor
(703)

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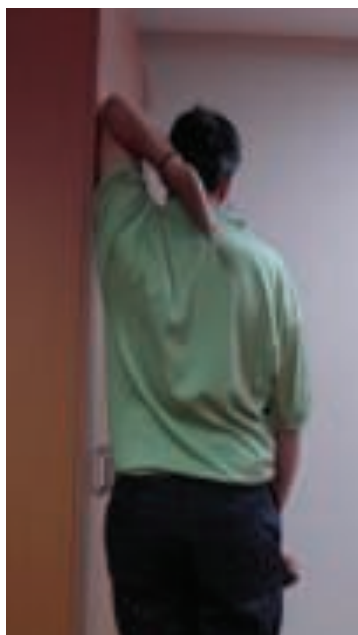
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Part #2 – Step #6b - Stretching – Fascial



#33 – Deep Rotator Cuff Stretch (539)



#34 – Triceps Rope Stretch (541)



#35 – Coracobrachialis Stretch (543)



#36 – Subscapularis Stretch (556)



Part #2 – Step #6b - Stretching – Fascial (cont.)



#37 – Lats Stretch
(557)



#38 – Fascial Mid-Back
Stretch (572)



#39 – Pec Fascial Stretch (586)

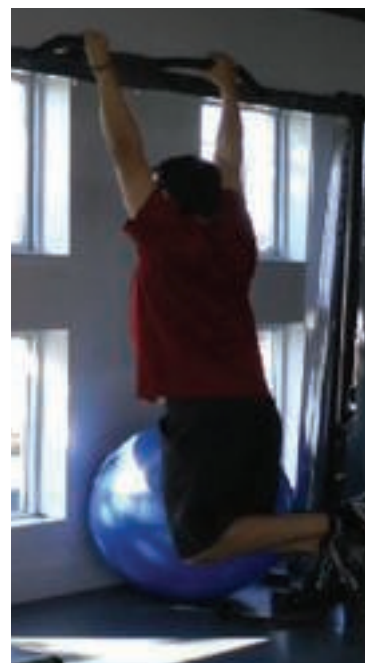
Part #2 – Step #7 - Vertical Hanging



#40 – Partial Vertical Hanging (573)



#41 – Narrow Grip Full Vertical Hanging (576)



#42 – Full Vertical Hanging with Pendular Swinging (575)



Part #3 – Step #8 – Isometrics



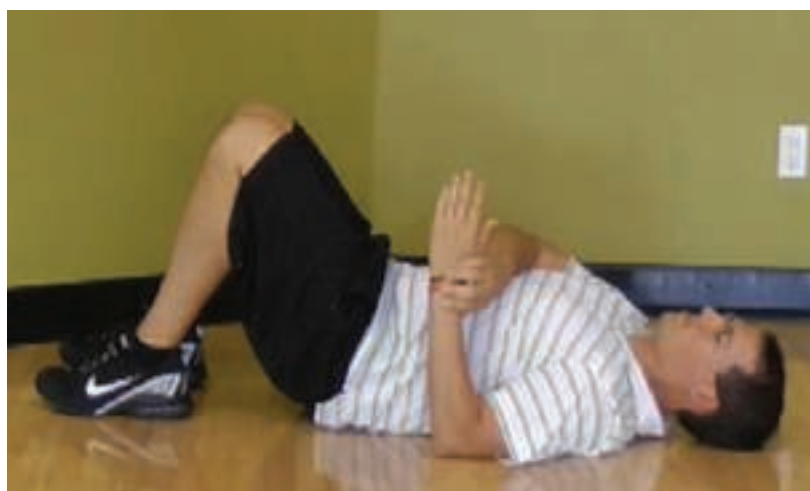
#43 – Sitting Isometric Shoulder Flexion Exercise (704)



#44 – On Back Isometric Shoulder Flexion Exercise (228)



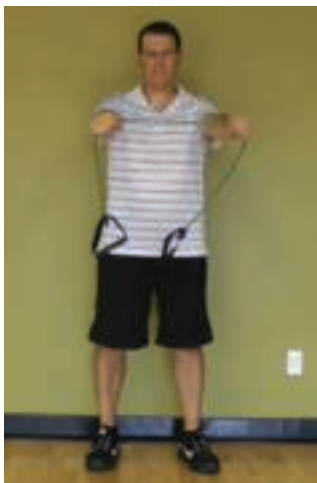
#43 – Sitting Isometric Shoulder Flexion Exercise (704)



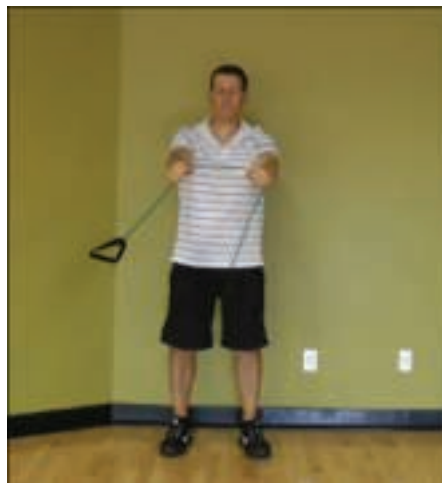
#46 – On Back Isometric Shoulder External Rotation Exercise (227)



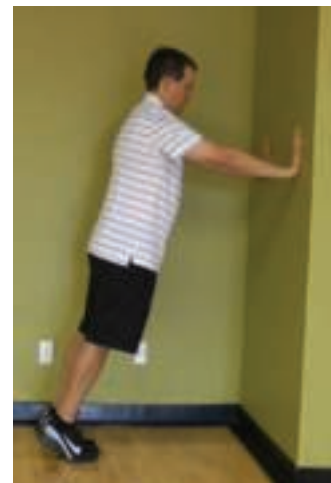
Part #3 – Step #9 - Shoulder Blade Strength



#47 – Open and Close with Tubing (687)



#48 – 3-Way with Tubing (238)



#49 – Wall Push Up Plus (237)

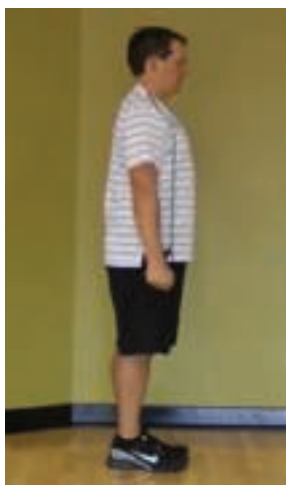


#50 – Floor Push Up Plus (236)



#51 – Decline Floor Push Up Plus (694)

Part #3 – Step #9 - Shoulder Blade Strength (cont.)



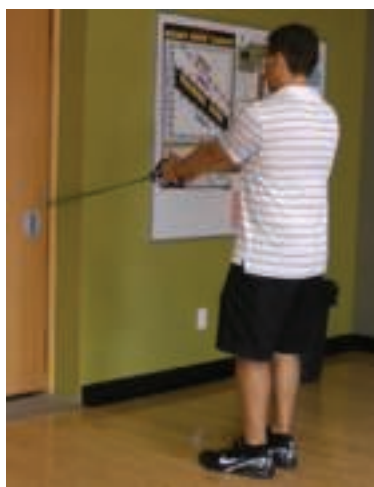
#52 – Tubing
Push Down
(235)



#53 – Seated Push
Down (234)



#54 – Pulley Push
Down (690)



#55 – Tubing Row
(233)



#56 – Pulley Row (693)

Part #3 – Step #10 - Rotator Cuff Strengthening



#57 – 90-90 Rotator Cuff
Tubing Exercise (229)



#58 – 90-90 Rotator Cuff
Pulley Exercise (691)



#59 – Dynamic
Hug with Tubing
(581)



#60 – Dynamic Hug with
Pulleys (580)

Part #3 – Step #10 - Rotator Cuff Strengthening (cont.)



#61 – Tubing Shoulder
Internal Rotation and
Abduction (231)



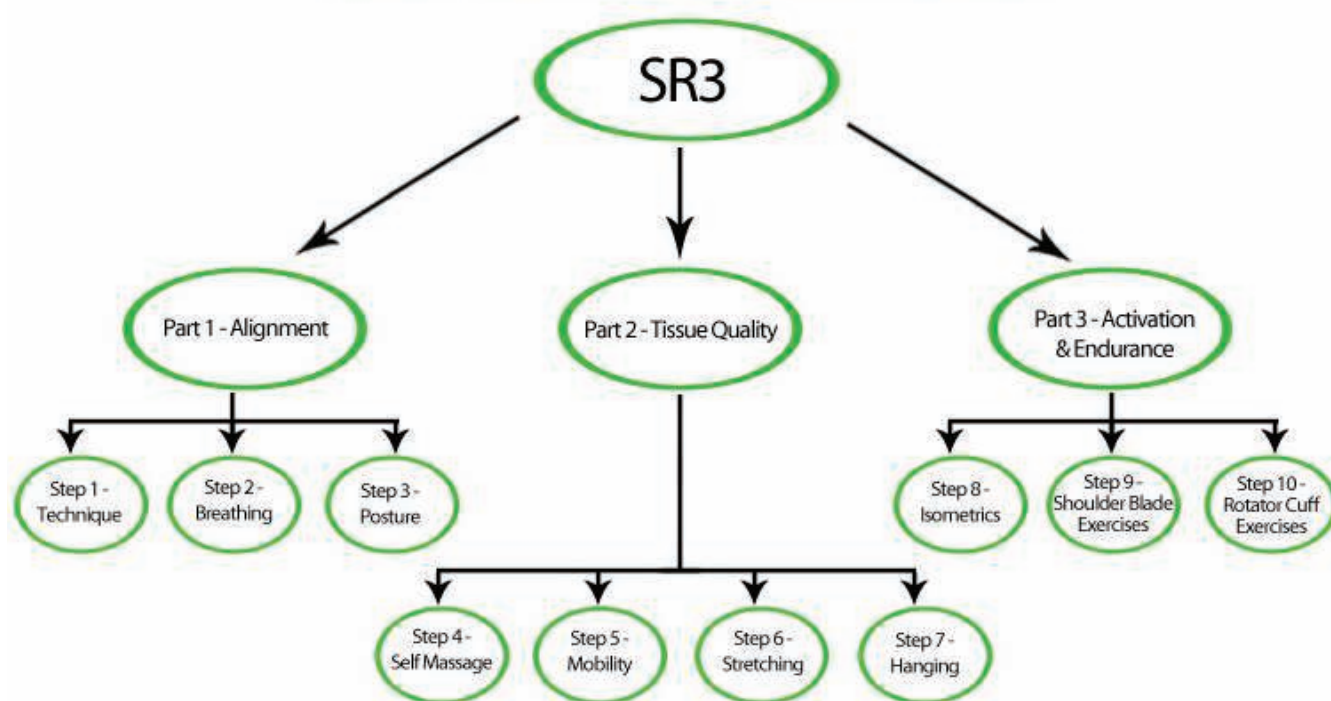
#62 – Pulley Shoulder
Internal Rotation and
Abduction (692)



#63 – Side Lying Dumbbell Shoulder
Abduction (225)

Fix My Shoulder Pain — SR3 Method

New Pain-free Shoulder Model



Fix My Shoulder Pain Exercise Table — All 3-Parts and 10-Steps

IMPORTANT - Password for the Videos is in the Column Next to the URL.

	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #1 Alignment						
Step #1 Technique	1		Perfect Technique			
Step #2 Breathing	2	696	Standing Breathing	https://vimeo.com/50724442	Abs1	1 set of 5 repetitions, daily
	3	549	Seated Belly Breathing	https://vimeo.com/49798551	itb8	1 set of 5 repetitions, daily
	4	532	Floor Breathing	https://vimeo.com/48393892	meni7	1 set of 5 repetitions, daily
Step #3 Posture	5	46	Posture Wall Exercise	https://vimeo.com/46909836	meni7	1 set of 5 repetitions with each repetition held for 10 seconds, daily
	6	550	Sitting Tall	https://vimeo.com/49798565	itb8	1 set of 5 repetitions with each repetition held for 10 seconds, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #2 Tissue Quality						
	7	547	Posture Relaxation Exercise	(FRONT) https://vimeo.com/50110941 (SIDE) https://vimeo.com/50571548	itb8	1 set of 5 repetitions with each repetition held for 10 seconds, daily
Step #4 Self Massage	8	570	Self Massage of Scapular Muscles	http://vimeo.com/50031835	itb8	1 set of 5 repetitions, daily
	9	588	Tennis Ball on Shoulder Blade on Floor	https://vimeo.com/50150310	itb8	1 set of 5 repetitions, daily
	10	589	Tennis Ball on Shoulder Blade on Floor with Arm Movement	https://vimeo.com/50173847	itb8	1 set of 5 repetitions, daily
Step#5 Mobility	11	551	T Spine Foam Roller on Wall	https://vimeo.com/49803619	itb8	1 set of 5 repetitions, daily
	12	552	T Spine Foam Roller on Floor with Hand Support	http://vimeo.com/50066554	itb8	1 set of 5 repetitions, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #2 Tissue Quality						
	13	553	T Spine Foam Roller on Floor with Arms Crossed	https://vimeo.com/49803638	itb8	1 set of 5 repetitions, daily
	14	554	T Spine Foam Roll- er on Floor with Neck Support	https://vimeo.com/49803656	itb8	1 set of 5 repetitions, daily
	15	555	T Spine Foam Roller on Floor Praying Position	http://vimeo.com/50062362	itb8	1 set of 5 repetitions, daily
			Position			
	16	588	Seated T Spine Exercise	https://vimeo.com/49645002	itb8	1 set of 5 repetitions, daily
	17	589	T-Spine Arch on Wall	http://vimeo.com/50038967	itb8	1 set of 5 repetitions, daily
	18	551	T-Spine Arch on Wall with Arms Overhead	https://vimeo.com/49874465	itb8	1 set of 5 repetitions, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #2 Tissue Quality						
	19	552	T-Spine Arch on Wall with Alternating Arms	http://vimeo.com/50037366	itb8	1 set of 5 repetitions, daily
	20	553	T-Spine Arch on Floor	https://vimeo.com/50130796	itb8	1 set of 5 repetitions, daily
	21	554	T-Spine Arch on Floor with Arms Over- head	https://vimeo.com/50125183	itb8	1 set of 5 repetitions, daily
	22	555	T-Spine Arch on Floor with Alternating Arms	https://vimeo.com/50178290	itb8	1 set of 5 repetitions, daily
Step #6a Stretching Static	23	570	Bottom Corner Stretch	https://vimeo.com/50704401	Abs1	Perform 2 repetitions on each side with each repetition held for 20 seconds, daily
	24	588	Top Corner Stretch	https://vimeo.com/50702148	Abs1	Perform 2 repetitions on each side with each repetition held for 20 seconds, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #2 Tissue Quality						
	25	589	90-90 Stretch	https://vimeo.com/50703676	Abs1	Perform 2 repetitions on each side with each repetition held for 20 seconds, daily
	26	700	90-90 Stretch with Twist	https://vimeo.com/50704829	Abs1	Perform 2 repetitions on each side with each repetition held for 20 seconds, daily
	27	707	Sitting Arms Crossed Lats Stretch	https://vimeo.com/50715710	Abs1	Perform 2 repetitions on each side with each repetition held for 20 seconds, daily
	28	706	Sitting Lats Stretch with a Reach	https://vimeo.com/50715172	Abs1	Perform 2 repetitions on each side with each repetition held for 20 seconds, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #2 Tissue Quality						
	29	701	Wall Reach- ing Lats Stretch	https://vimeo.com/50705482	Abs1	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily
	30	695	Machine Lats Stretch	https://vimeo.com/50724236	Abs1	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily
Step #6b Stretching Fascial	33	539	Deep Rotator Cuff Stretch	https://vimeo.com/49215816	itb8	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily
	34	541	Triceps Rope Stretch	https://vimeo.com/49363445	itb8	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #2 Tissue Quality						
	35	543	Coraco- brachialis Stretch	https://vimeo.com/49650516	itb8	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily
	36	556	Subscapu- laris Stretch	https://vimeo.com/49803676	itb8	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily
	37	557	Lats Stretch	https://vimeo.com/49803692	itb8	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily
	38	572	Fascial Mid-Back Stretch	https://vimeo.com/49944349	itb8	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #2 Tissue Quality						
	39	586	Pec Fascial Stretch	https://vimeo.com/50182017 (FRONT) https://vimeo.com/50169514 (SIDE)	itb8	Perform 2 repetitions on each side with each repeti- tion held for 20 seconds, daily
Step #7 Vertical Hanging	40	573	Partial Vertical Hanging	https://vimeo.com/49944360	itb8	1 set of 3 rep- etitions with each repeti- tion held for 10 seconds, daily
	41	576	Narrow Grip Full Vertical Hanging	https://vimeo.com/49944414	itb8	1 set of 3 rep- etitions with each repeti- tion held for 10 seconds, daily
	42	575	Full Vertical Hanging with Pendular Swinging	https://vimeo.com/49948629	itb8	1 set of 3 rep- etitions with each repeti- tion held for 10 seconds, daily
Part #3 Activation & Endurance						

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #3 Activation & Endurance						
Step #8 Isometrics	43	704	Sitting Isometric Shoulder Flexion Exercise	https://vimeo.com/50712513 (FRONT) https://vimeo.com/50711274 (SIDE)	Abs1	1 set of 6 repetition with each repeti- tions held for 6 seconds with 10% muscle con- traction
	44	228	On Back Isometric Shoulder Flexion Exercise	https://vimeo.com/50687120	1Exer- cise	1 set of 6 repetition with each repeti- tions held for 6 seconds with 10% muscle con- traction
	45	705	Sitting Isometric Shoulder External Rotation Exercise	https://vimeo.com/50724320 (FRONT) https://vimeo.com/50713620 (SIDE)	Abs1	1 set of 6 repetition with each repeti- tions held for 6 seconds with 10% muscle con- traction
	46	227	On Back Isometric Shoulder External Rotation Exercise	https://vimeo.com/50681369	1Exer- cise	1 set of 6 repetition with each repeti- tions held for 6 seconds with 10% muscle con- traction

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #3 Activation & Endurance						
Step #9 Shoulder Blade Strength	47	687	Open and Close with Tubing	https://vimeo.com/50503290	Abs1	1 set of 5 repetitions, daily
	48	238	3-Way with Tubing	https://vimeo.com/50501149	1Exercise	1 set of 5 repetitions, daily
	49	237	Wall Push Up Plus	https://vimeo.com/50500219	1Exercise	1 set of 5 repetitions, daily
	50	236	Floor Push Up Plus	https://vimeo.com/50693481	1Exercise	1 set of 5 repetitions, daily
	51	694	Decline Floor Push Up Plus	https://vimeo.com/50666000	Abs1	1 set of 5 repetitions, daily
Step #6b Stretching Fascial	52	235	Tubing Push Down	https://vimeo.com/50498081	1Exercise	1 set of 5 repetitions, daily
	53	234	Seated Push Down	https://vimeo.com/50495352	1Exercise	1 set of 5 repetitions, daily
	54	690	Pulley Push Down	https://vimeo.com/50647332	Abs1	1 set of 5 repetitions, daily
	55	233	Tubing Row	https://vimeo.com/50492601	1Exercise	1 set of 5 repetitions, daily
	56	693	Pulley Row	https://vimeo.com/50684229	Abs1	1 set of 5 repetitions, daily
Step #10 Rotator Cuff Strengthening	57	229	90-90 Rotator Cuff Tubing Exercise	https://vimeo.com/50689007	1Exercise	1 set of 5 repetitions, daily
	58	691	90-90 Rotator Cuff Pulley Exercise	https://vimeo.com/50648648 (BACK) https://vimeo.com/50649832 (SIDE)	Abs1	1 set of 5 repetitions, daily

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	Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass- word	Sets & Reps
Part #3 Activation & Endurance						
	59	581	Dynamic Hug with Tubing	https://vimeo.com/49951726 (FRONT) https://vimeo.com/49951737 (SIDE)	itb8	1 set of 5 repetitions, daily
	60	580	Dynamic Hug with Pullies	https://vimeo.com/49951721	itb8	1 set of 5 repetitions, daily
	61	231	Tubing Shoulder Internal Rotation and Abduction	https://vimeo.com/50690691	1Exercise	1 set of 5 repetitions, daily
	62	692	Pulley Shoulder Internal Rotation and Abduction	https://vimeo.com/50656024	Abs1	1 set of 5 repetitions, daily
	63	225	Side Lying Dumbbell Shoulder Abduction	https://vimeo.com/50271762	1Exercise	1 set of 5 repetitions, daily

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

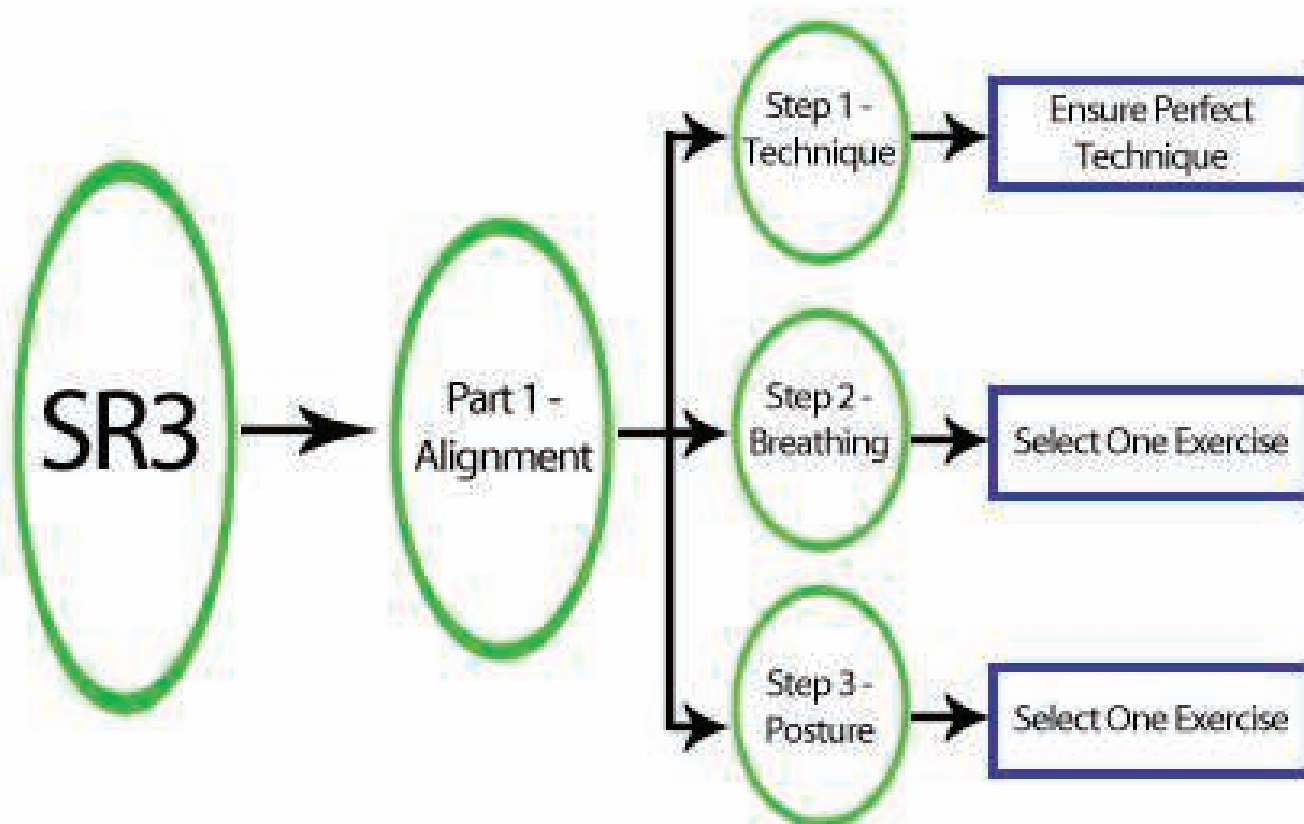
Equipment Needed

Here is a list of equipment that you will need for the exercises:

- » *Ball – Tennis Ball*
- » *Dual Tennis balls taped together*
- » *Foam Roller*
- » *Chair*
- » *Mat*
- » *Table*
- » *Tubing*
- » *Pulleys*
- » *Horizontal Bar*

Stage #1 – Alignment

New Pain-free Shoulder Model



Step #1 – Technique

Exercise #1: Perfect Technique

The number one reason that people injure their shoulders when exercising is poor technique. Make sure you have perfect technique by asking someone for feedback on your technique.



Step #2 – Breathing

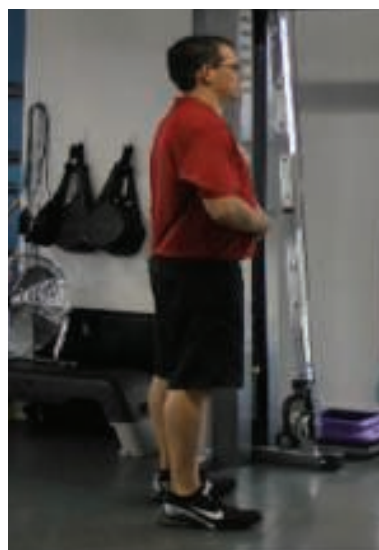
For step #2, select one exercise from 2, 3 or 4.

Exercise #2: Standing Breathing (696)

Start



End



Purpose:	To decrease shoulder and neck tension, which will lead to reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a standing position with one hand on your chest and the other hand on your stomach.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a deep breath in and let your hand rise on your belly while your hand on your chest does not. 2. Then breathe out and let your belly lower while the chest hand does not rise or lift. 3. While you are breathing out, visualize that you are blowing out the tension in your shoulders and neck. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Integrate the exercise into your daily life
Contraindications & Common Mistakes:	Do Not Hold Your Breath – Holding your breath will increase your tension in your shoulders and neck and will lead to an unnecessary increase in your blood pressure.
Video of this exercise: https://vimeo.com/50724442 / Password: Abs1	

Exercise #3: Seated Belly Breathing (549)



Start



End

Purpose:	To decrease shoulder and neck tension, which will lead to reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a standing position with one hand on your chest and the other hand on your stomach.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a deep breath in and let your hand rise on your belly while your hand on your chest does not. 2. Then breathe out and let your belly lower while the chest hand does not rise or lift. 3. While you are breathing out, visualize that you are blowing out the tension in your shoulders and neck. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Integrate the exercise into your daily life
Contraindications & Common Mistakes:	Do Not Hold Your Breath – Holding your breath will increase your tension in your shoulders and neck and will lead to an unnecessary increase in your blood pressure.
Video of this exercise: https://vimeo.com/49798551 / Password: itb8	

Exercise #4: Floor Breathing (532)



Start



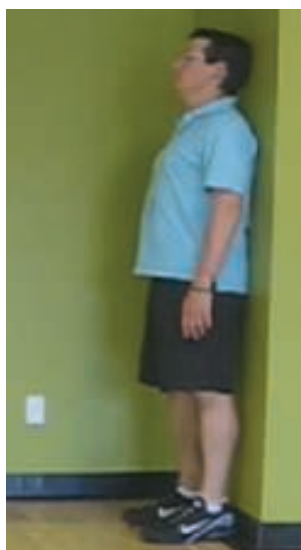
End

Purpose:	To decrease shoulder and neck tension, which will lead to reshaping the shoulder into a pain-free joint.
Starting Position:	Begin by lying down with one hand on your chest and the other hand on your stomach
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Take a deep breath in and let your hand rise on your belly while your hand on your chest does not. 2. Breathe out and let your belly lower while the chest hand does not rise or lift. 3. While you are breathing out, visualize that you are blowing out the tension in your shoulders and neck. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Integrate the exercise into your daily life
Contraindications & Common Mistakes:	Do Not Hold Your Breath – Holding your breath will increase tension in your shoulders and neck and will lead to an unnecessary increase in your blood pressure.
Video of this exercise: https://vimeo.com/48393892 / Password: meni7	

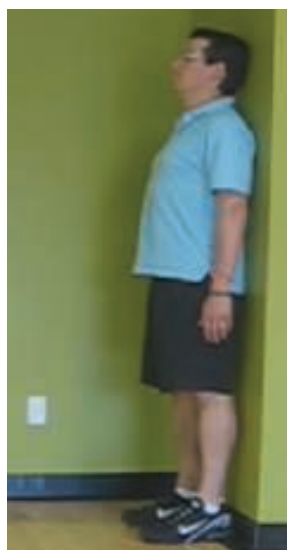
Step #3 – Posture

For step #3, select one exercise from 5, 6 or 7.

EXERCISE #5: Posture Wall Exercise (46)



Start



End

Purpose:	To decrease shoulder and neck tension and improve shoulder joint alignment, which will lead to reshaping the shoulder into a pain-free joint.
Starting Position:	Start in a standing position with your heels, seat, mid-back and head against a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Step away from the wall and hold that ideal position. 2. Perform 1 set of 5 repetitions with each repetition held for 10 seconds, daily.
Progressions:	Increase the hold to 15, 20 or 30 seconds Increase to 10 repetitions Integrate the exercise into your daily life
Contraindications & Common Mistakes:	Do Not Hold Your Breath – Holding your breath will increase tension in your shoulders and neck and will lead to an unnecessary increase in your blood pressure. Focus on breathing normally.
Video of this exercise: https://vimeo.com/46909836 / Password: meni7	



Exercise #6: Sitting Tall (550)



Start



End

Purpose:	To decrease shoulder and neck tension and improve shoulder joint alignment, which will lead to reshaping the shoulder into a pain-free joint.
Starting Position:	Start by sitting.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Sit up tall, open up your chest and move your head back until your ear-shoulder-hips are in a straight line. 2. Perform 1 set of 5 repetitions with each repetition held for 10 seconds, daily.
Progressions:	Increase the hold to 15, 20 or 30 seconds Increase to 10 repetitions Integrate the exercise into your daily life
Contraindications & Common Mistakes:	Do Not Hold Your Breath – Holding your breath will increase shoulder and neck tension and will lead to an unnecessary increase in your blood pressure. Focus on breathing normally.
Video of this exercise: https://vimeo.com/49798565 / Password: itb8	

Exercise #7: Posture Relaxation Exercise (547)



Start



Middle (a)



Middle (b)

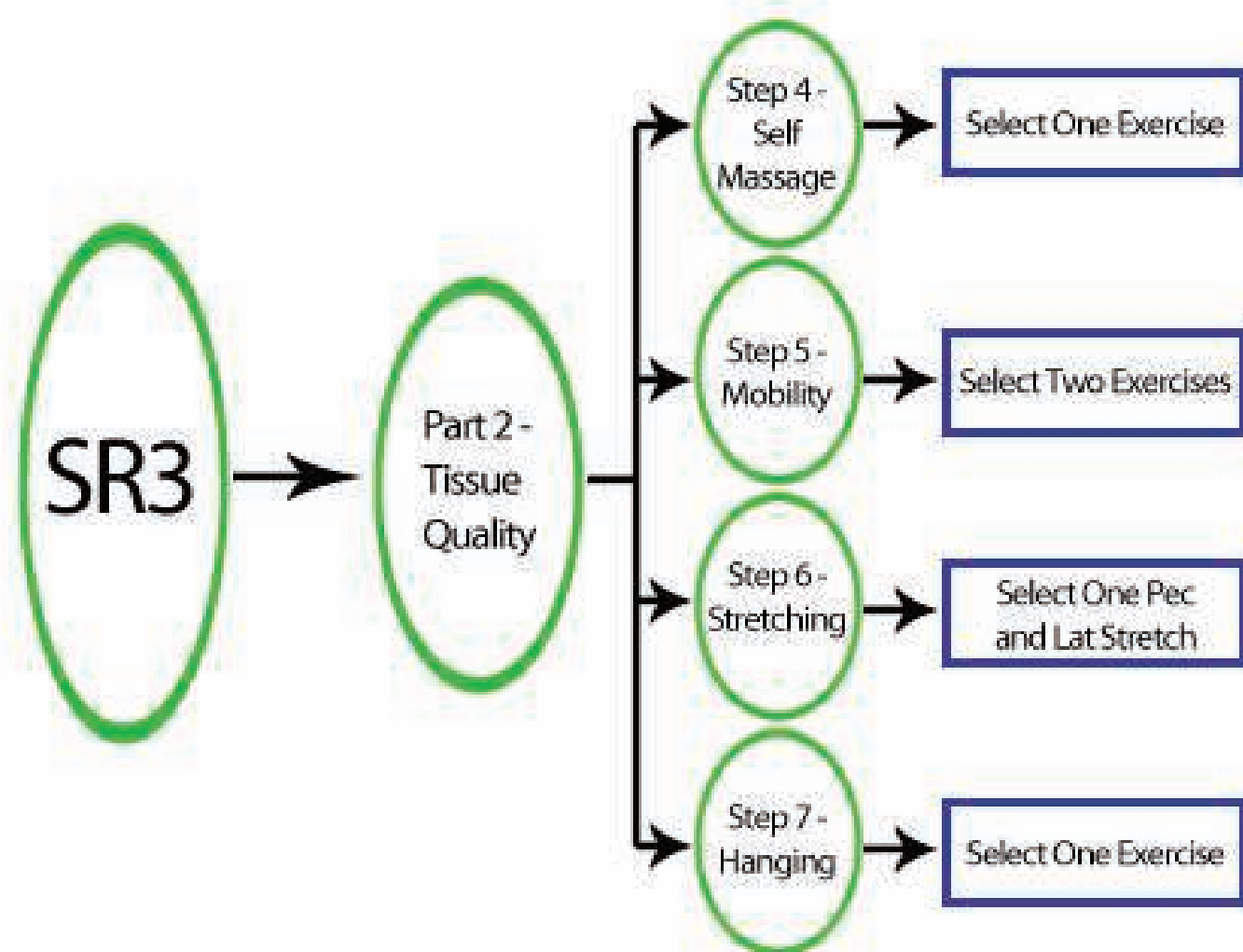


End

Purpose:	To decrease shoulder and neck tension and improve the shoulder joint alignment, which will lead to reshaping the shoulder into a pain-free joint.
Starting Position:	Start by sitting.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your knees and feet so they are wider than shoulder width apart. 2. Sit up tall. 3. Open up your shoulders and rotate the upper arm and forearms backwards while you move the arms back. 4. Perform 1 set of 5 repetitions with each repetition held for 10 seconds, daily.
Progressions:	Increase the hold to 15, 20 or 30 seconds Increase to 10 repetitions Integrate the exercise into your daily life
Contraindications & Common Mistakes:	Do Not Hold Your Breath – Holding your breath will increase shoulder and neck tension, and will lead to an unnecessary increase in your blood pressure. Focus on breathing normal
Video of this exercise: (FRONT) - https://vimeo.com/50110941 / Password: itb8 Video of this exercise: (SIDE) - https://vimeo.com/50571548 / Password: itb8	

Stage #2 – Tissue Quality

New Pain-free Shoulder Model

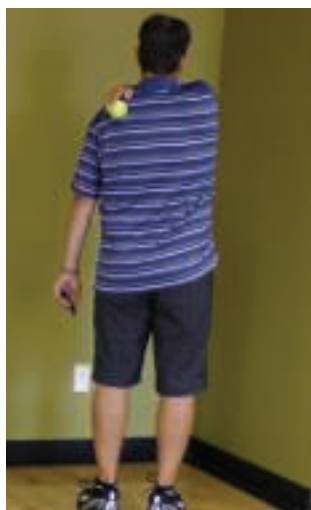




Step #4 – Self Massage

For step #4, select one exercise from 8, 9 or 10.

EXERCISE #8: Self Massage of Scapular Muscles (570)



Start (Ball Location)



Middle (a)



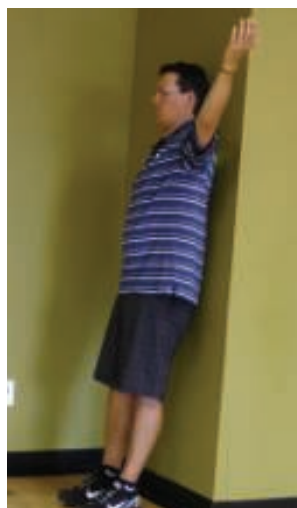
Middle (b)



Middle (c)



Middle (d)



Middle (e)



End

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Purpose:	To decrease upper trapezius and shoulder blade (scapular) tension to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin by standing. Place a tennis ball between your upper traps or shoulder blade muscles and a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the tennis ball into a wall until you have enough pressure that you feel like the muscle is being massaged. 2. Move the ball up-down, side-to-side and in circles over the muscle. 3. Add arm movement to target different parts of the muscle. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the pressure you apply on the ball Increase to 10 repetitions Progress to the exercise - #9 Tennis Ball on Shoulder Blade on Floor (588)
Contraindications & Common Mistakes:	<p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p> <p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p>
Video of this exercise: https://vimeo.com/50031835 / Password: itb8	



Exercise #9: Tennis Ball on Shoulder Blade on Floor (588)



Start (Ball Location)

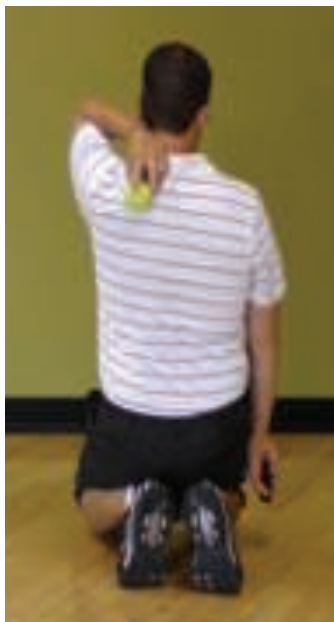


End

Purpose:	To decrease upper trapezius and shoulder blade (scapular) tension to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin by kneeling. Place a tennis ball between your upper traps or shoulder blade muscles, then lay back onto the floor.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the tennis ball into the floor until you have enough pressure to massage that muscle. 2. Move the ball up-down, side-to-side and in circles over the muscle. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the pressure you apply on the ball Increase to 10 repetitions Progress to the exercise - #10 Tennis Ball on Shoulder Blade on Floor with Arm Movement (589)
Contraindications & Common Mistakes:	<p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p> <p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p>
Video of this exercise: https://vimeo.com/50150310 / Password: itb8	



Exercise #10: Tennis Ball on Shoulder Blade on Floor with Arm Movement (589)



Start (Ball Location)



Middle (a)



Middle (b)



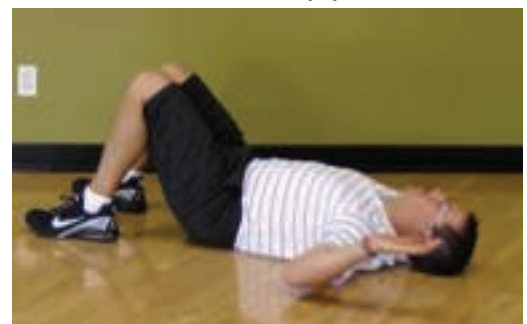
Middle (c)



Middle (d)



Middle (e)



End

Purpose:	To decrease upper trapezius and shoulder blade (scapular) tension to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin by kneeling. Place a tennis ball on your upper traps or shoulder blade muscles and lay back onto the floor.

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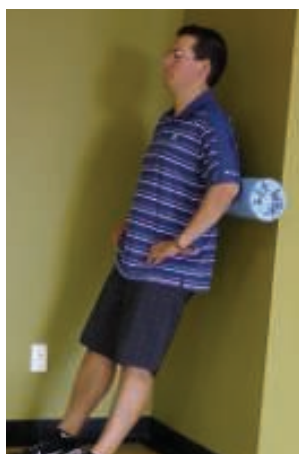
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the tennis ball into the floor until you have enough pressure to massage the muscle. 2. Move the ball up-down, side-to-side and in circles over the muscle. 3. Add arm movement to target different parts of the muscle. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	<p>Increase the pressure you apply on the ball</p> <p>Increase to 10 repetitions</p>
Contraindications & Common Mistakes:	<p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p> <p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p>
Video of this exercise: https://vimeo.com/50173847 / Password: itb8	

Step #5 – Mobility

For step #5, select two exercises from 11 to 22.

Exercise #11: T Spine Foam Roller on Wall (551)

Start



End



Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with a foam roller at the lower part of your ribs and against the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squat down and roll the foam roller up your back, up to the middle of your shoulder blades. 2. Return back to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the pressure you apply on the foam roller Increase to 10 repetitions Progress to the exercise - #12 T Spine Foam Roller on Floor with Hand Support
Contraindications & Common Mistakes:	<p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p> <p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p>
Video of this exercise: https://vimeo.com/50724442 / Password: Abs1	

Exercise #12: T Spine Foam Roller on Floor with Hand Support (552)



Start



End

Purpose:	To increase mid-back movement backwards to decrease shoulder stress and reshaping the shoulder into a pain-free joint.
Starting Position:	Start with a foam roller at the lower part of your ribs and against the floor while your hands are at your sides.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller up your back, up to the middle of your shoulder blades. 2. Return back to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the pressure you apply on the foam roller Increase to 10 repetitions Progress to the exercise - #13 T Spine Foam Roller on Floor with Arms Crossed (553)
Contraindications & Common Mistakes:	<p>Neck Strain – If the exercise creates too much neck strain, perform exercise #14: T Spine Foam Roller on Floor with Neck Support (554)</p> <p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p>
Video of this exercise: http://vimeo.com/50066554 / Password: itb8	

Exercise #13: T Spine Foam Roller on Floor with Arms Crossed (553)



Start



End

Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with a foam roller at the lower part of your ribs and against the floor and cross your arms over your chest.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller up your back, up to the middle of your shoulder blades. 2. Return back to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the pressure you apply on the foam roller Increase to 10 repetitions Progress to the exercise - #14 T Spine Foam Roller on Floor with Neck Support (554)
Contraindications & Common Mistakes:	<p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p> <p>Neck Strain – If the exercise creates too much neck strain, perform exercise #14: T Spine Foam Roller on Floor with Neck Support (554)</p>
Video of this exercise: https://vimeo.com/49803638 / Password: itb8	



Exercise #14: T Spine Foam Roller on Floor with Neck Support (554)



Start



Middle



End

Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with a foam roller at the lower part of your ribs and against the floor as you support your neck with one hand.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Roll the foam roller up your back to the middle of your shoulder blades. 2. Return back to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the pressure you apply on the foam roller Increase to 10 repetitions Progress to the exercise - #13: T Spine Foam Roller on Floor with Arms Crossed
Contraindications & Common Mistakes:	<p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/49803656 / Password: itb8	

Exercise #15: T Spine Foam Roller on Floor Praying Position (555)



Start



End

Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with a foam roller at the lower part of your ribs, keeping your forearms and hands together.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. While holding the position of your forearms-hands-head, roll the foam roller up your back to the middle of your shoulder blades. 2. Return back to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the pressure you apply on the foam roller Increase to 10 repetitions
Contraindications & Common Mistakes:	<p>Don't Overdo It – Pressing excessively hard or for too many repetitions may lead to the muscle becoming irritated and painful.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: http://vimeo.com/50062362 / Password: itb8	



Exercise #16: Seated T Spine Exercise (545)



Start



End

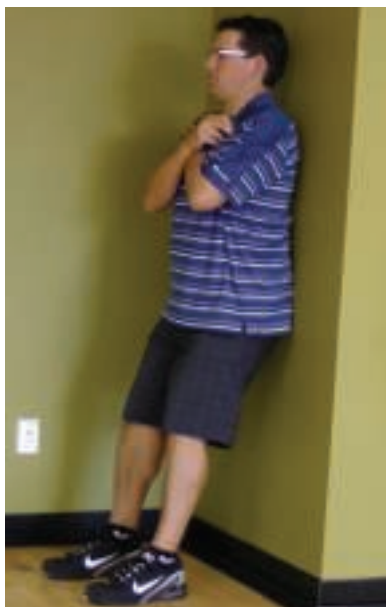
Purpose:	To increase mid-back movement in rotation to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start by sitting with your feet shoulder width apart and your right hand around your left lower shin.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotating to your right while using your right hand to help increase the movement. 2. Hold the end position for a second and then return back to the starting position. 3. Perform 1 set of 5 repetitions in each direction, daily.
Progressions:	Increase to 10 repetitions
Contraindications & Common Mistakes:	<p>Don't Overdo It – Move to a point where you feel resistance but you are not popping the back in any way.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/49645002 / Password: itb8	



Exercise #17: T-Spine Arch on Wall (567)



Start (Ball Location)



Middle

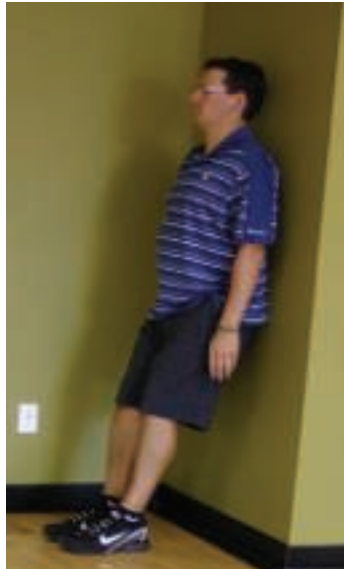


End

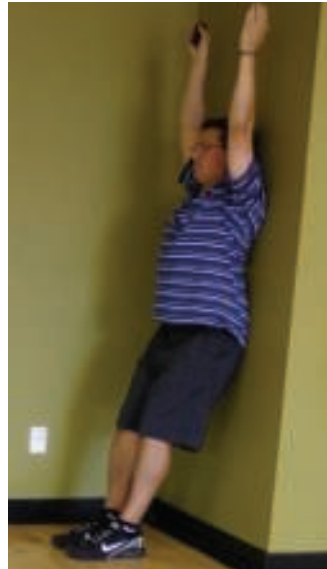
Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with dual tennis balls on the spine (one ball on either side of the spine) at the lower part of your ribs.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the dual tennis balls against the wall. 2. While holding the tennis balls in position, arch over the balls focusing on increasing the movement in the spine at ball level. 3. Perform one repetition and then move the balls up one vertebrae. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	<p>Increase to 10 repetitions between the lower ribs to the shoulder blade.</p> <p>Progress to the exercise - #18 - T-Spine Arch on Wall with Arms Overhead (568)</p>
Contraindications & Common Mistakes:	Don't Overdo It – Progress to performing a few repetitions at each joint in the mid-back but do not overdo it as it will lead to irritation.
Video of this exercise: http://vimeo.com/50038967 / Password: itb8	



Exercise #18: T-Spine Arch on Wall with Arms Overhead (568)



Start (Ball Location)

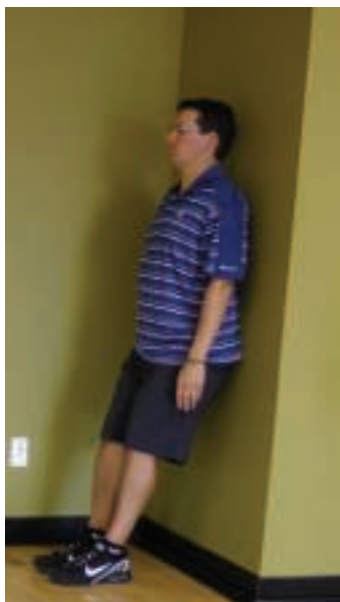


End

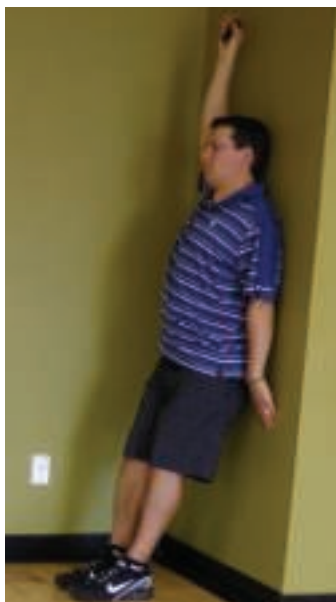
Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with dual tennis balls on the spine (one ball on either side of the spine) at the lower part of your ribs.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the dual tennis balls against the wall. 2. While holding the tennis balls in position, lift your arms overhead and focus on increasing the movement in the spine at ball level. 3. Perform one repetition and then move the balls up one vertebrae. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	<p>Increase to 10 repetitions between the lower ribs to the shoulder blade.</p> <p>Progress to the exercise - #19: T-Spine Arch on Wall with Alternating Arms (569)</p>
Contraindications & Common Mistakes:	Don't Overdo It – Progress to performing a few repetitions at each joint in the mid-back but do not overdo it as it will lead to irritation
Video of this exercise: https://vimeo.com/49874465 / Password: itb8	



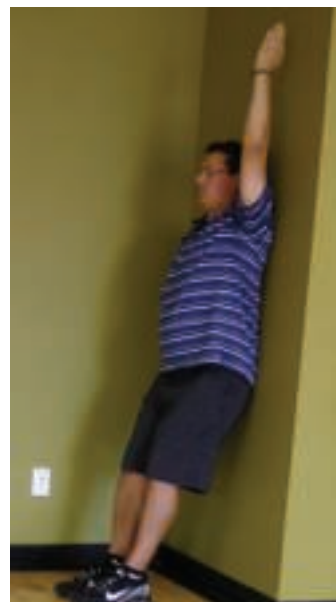
Exercise #19: T-Spine Arch on Wall with Alternating Arms (569)



Start



Middle

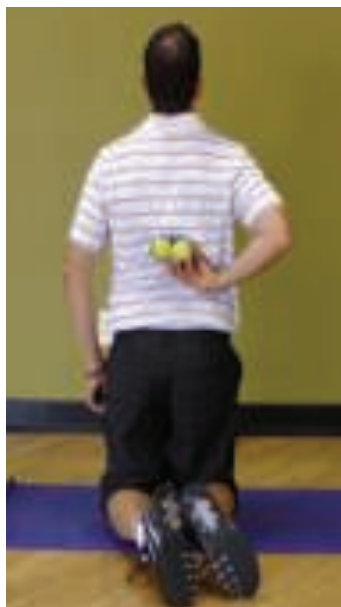


End

Purpose:	To increase mid-back movement backwards in rotation to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with dual tennis balls on the spine (one ball on either side of the spine) at the lower part of your ribs.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the dual tennis balls against the wall. 2. While holding the tennis balls in position, lift one arm overhead while the other arm moves behind. Focus on increasing the movement in the spine at ball level. 3. Perform one repetition and then move the balls up one vertebrae. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions between the lower ribs to the shoulder blade. Progress to the exercise - #20: T-Spine Arch on Floor (590)
Contraindications & Common Mistakes:	Don't Overdo It – Progress to performing a few repetitions at each joint in the mid-back but do not overdo it as it will lead to irritation.
Video of this exercise: http://vimeo.com/50037366 / Password: itb8	



Exercise #20: T-Spine Arch on Floor (590)



Start (Ball Position)



Middle



End

Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint
Starting Position:	Start with dual tennis balls on the spine (one ball on either side of the spine) at the lower part of your ribs.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the dual tennis balls against the floor. 2. While holding the tennis balls in position, arch over the balls and focus on increasing movement in the spine at ball level. 3. Perform one repetition and then move the balls up one vertebrae. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions between the lower ribs to the shoulder blade. Progress to the exercise - #21: T-Spine Arch on Floor with Arms Overhead (591)
Contraindications & Common Mistakes:	Don't Overdo It – Progress to performing a few repetitions at each joint in the mid-back but do not overdo it as it will lead to irritation.
Video of this exercise: https://vimeo.com/50130796 / Password: itb8	

Exercise #21: T-Spine Arch on Floor with Arms Overhead (591)



Start



End

Purpose:	To increase mid-back movement backwards to decrease shoulder stress and continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with dual tennis balls on the spine (one ball on either side of the spine) at the lower part of your ribs.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the dual tennis balls against the floor. 2. While holding the tennis balls in position, lift your arms overhead and focus on increasing the movement in the spine at ball level. 3. Perform one repetition and then move the balls up one vertebrae. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	<ul style="list-style-type: none"> - Increase to 10 repetitions between the lower ribs to the shoulder blade. - Progress to the exercise - #22: T-Spine Arch on Floor with Alternating Arms (592)
Contraindications & Common Mistakes:	Don't Overdo It – Progress to performing a few repetitions at each joint in the mid-back but do not overdo it as it will lead to irritation.
Video of this exercise: https://vimeo.com/50125183 / Password: itb8	

Exercise #22: T-Spine Arch on Floor with Alternating Arms (592)



Start



Middle



End

Purpose:	To increase mid-back movement backwards in rotation to decrease shoulder stress and continue reshaping the shoulder into a pain-free shoulder joint.
Starting Position:	Start with dual tennis balls on the spine (one ball on either side of the spine) at the lower part of your ribs.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press the dual tennis balls against the floor. 2. While holding dual tennis balls in position, lift one arm overhead while the other arm moves behind. Focus on increasing the movement in the spine at ball level. 3. Perform one repetition and then move the balls up one vertebrae level. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions between the lower ribs to the shoulder blade.
Contraindications & Common Mistakes:	Don't Overdo It – Progress to performing a few repetitions at each joint in the mid-back but do not overdo it as it will lead to irritation.
Video of this exercise: https://vimeo.com/50178290 / Password: itb8	

Step #6a – Static Stretching

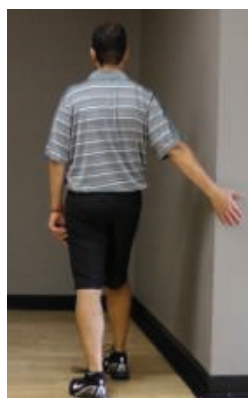
For step #6a, select pec and lats stretch exercises from exercise 23 to 32.

Exercise #23: Bottom Corner Stretch (699)

Start



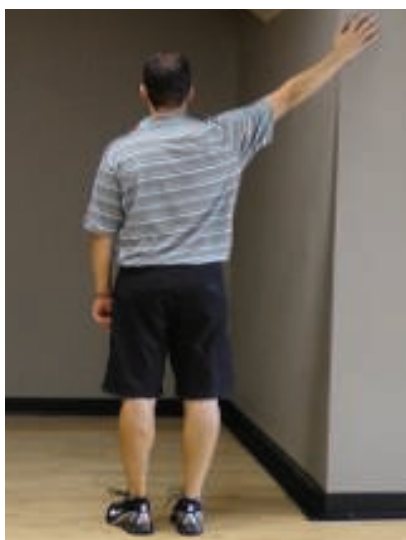
End



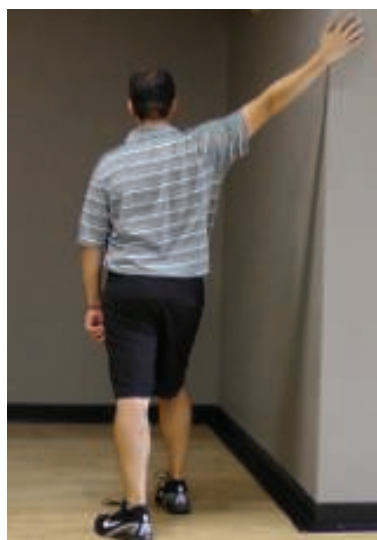
Purpose:	To decrease the tension and increase the length in the pec muscle (pectoralis major) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Place your arm against a wall or doorframe so it is about 30 to 45 degrees away from your body.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your right arm against the wall, step forward with your right leg in a controlled manner until you feel a light stretch in the front of the chest. 2. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side Progress to the exercise - #24: Top Corner Stretch (697)
Contraindications & Common Mistakes:	<p>Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/50704401 / Password: Abs1	



Exercise #24: Top Corner Stretch (697)



Start

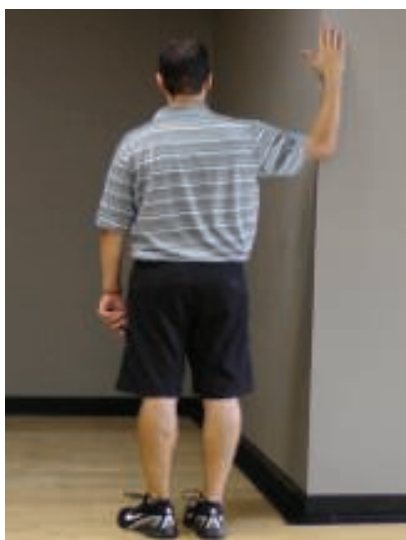


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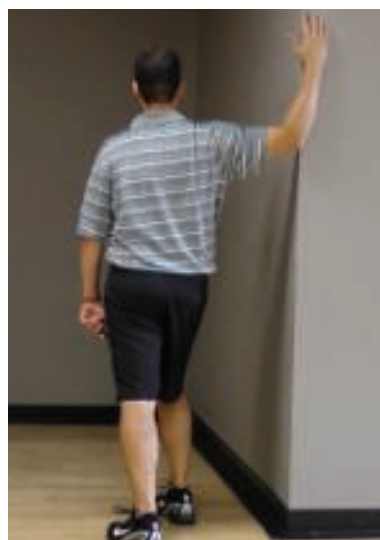
Purpose:	To decrease the tension and increase the length in the pec muscle (pectoralis major) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Place your arm against a wall or doorframe so it is about 120 degrees away from your body.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your right arm against the wall, step forward with your right leg in a controlled manner until you feel a light stretch in the front of the chest. 2. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side Progress to the exercise - #25: 90-90 Stretch (698)
Contraindications & Common Mistakes:	<p>Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/50702148 / Password: Abs1	



Exercise #25: 90-90 Stretch (698)



Start

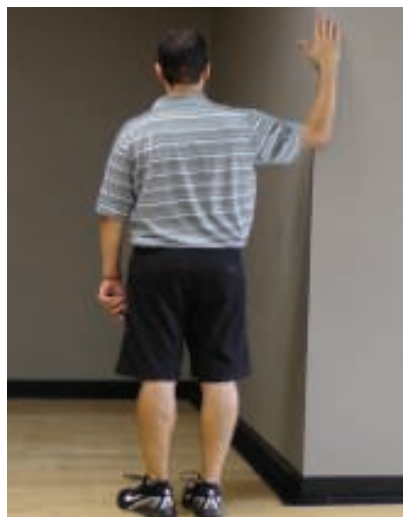


End

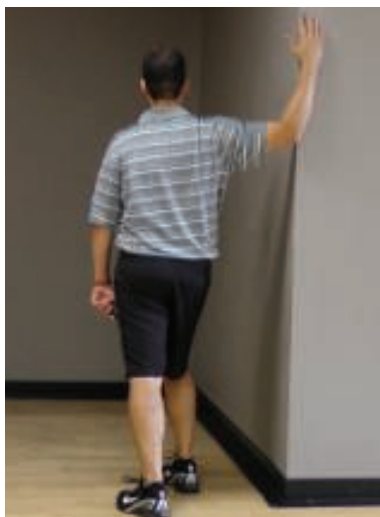
Purpose:	To decrease the tension and increase the length in the pec muscle (pectoralis major) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Place your forearm against a wall or doorframe so your elbow is less than 90 degrees away from your body.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your right arm against the wall, step forward with your right leg in a controlled manner until you feel a light stretch in the front of the chest. 2. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side Progress to the exercise - #26: 90-90 Stretch with Twist (700)
Contraindications & Common Mistakes:	<p>Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/50703676 / Password: Abs1	



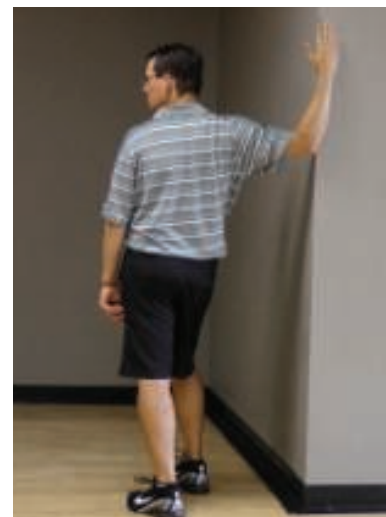
Exercise #26: 90-90 Stretch with Twist (700)



Start



Middle



End

Purpose:	To decrease the tension and increase the length in the pec muscles (pectoralis major and minor) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Place your forearm against a wall or doorframe so your elbow is less than 90 degrees away from your body.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With your right arm against the wall, step forward with your right leg in a controlled manner until you feel a light stretching in the front of the chest. 2. Rotate your head and upper body away from your arm. The stretch will deepen in the chest. 3. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side
Contraindications & Common Mistakes:	<p>Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.</p> <p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: https://vimeo.com/50704829 / Password: Abs1	



Exercise #27: Sitting Arms Crossed Lats Stretch (707)



Start



Middle



End

Purpose:	To decrease the tension and increase the length in the lats (latissimus dorsi) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a sitting position with your arms crossed.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your body about 45 degrees in one direction. 2. Bend to the side like you are trying to move your shoulder towards the outer part of your knee. 3. You should feel a light stretch in your lats (outer part of your back). 4. Perform 2 repetitions each held for 20 seconds on each side, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side Progress to exercise - #28: Sitting Lats Stretch with a Reach (706)
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.
Video of this exercise: https://vimeo.com/50715710 / Password: Abs1	

Exercise #28: Sitting Lats Stretch with a Reach (706)



Start



End

Purpose:	To decrease the tension and increase the length in the lats (latissimus dorsi) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a sitting position with one arm straight up.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Reach over your body with your arm and move your ribs to one side. 2. You should feel a light stretch in your lats (outer part of your back). 3. Perform 2 repetitions each held for 20 seconds on each side, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side Progress to exercise #29: Wall Reaching Lats Stretch (7010)
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury
Video of this exercise: https://vimeo.com/50715172 / Password: Abs1	

Exercise #29: Wall Reaching Lats Stretch (701)



Start

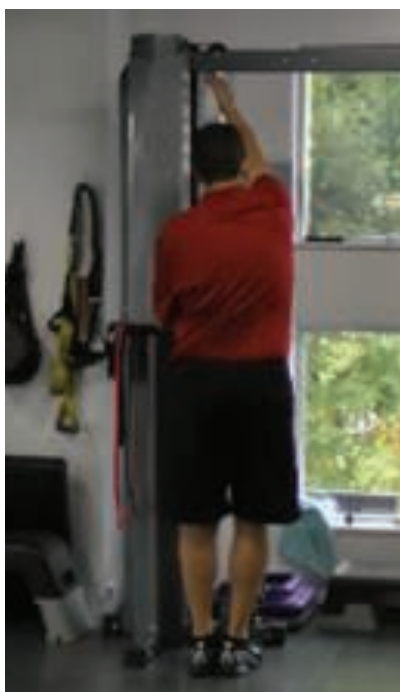


End

Purpose:	To decrease the tension and increase the length in the lats (latissimus dorsi) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a standing position with your hand on the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Reach over your body with your arm and move your ribs to one side. 2. You should feel a light stretch in your lats (outer part of your back). 3. Perform 2 repetitions each held for 20 seconds on each side, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side Progress to exercise #30: Machine Lats Stretch (695)
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.
Video of this exercise: https://vimeo.com/50705482 / Password: Abs1	



Exercise #30: Machine Lats Stretch (695)



Start

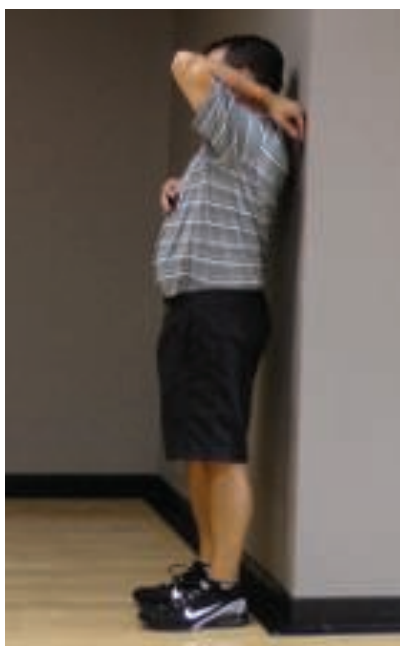


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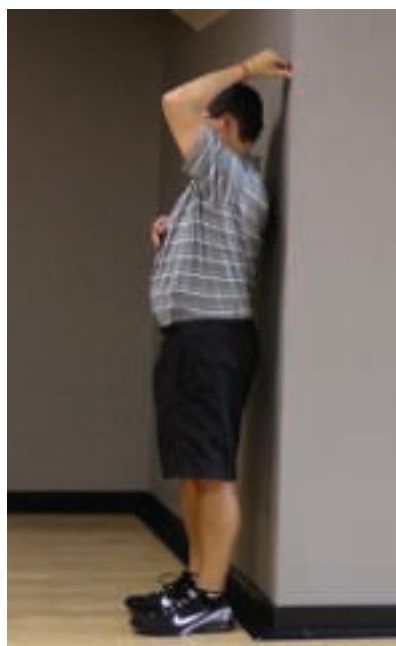
Purpose:	To decrease the tension and increase the length in the lats (latissimus dorsi) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a standing position with your right hand grasping something solid over your head.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Drop your right hip away from the hand that is above you. 2. You should feel a light stretch in your lats (outer part of your back). 3. Perform 2 repetitions each held for 20 seconds on each side, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury
Video of this exercise: https://vimeo.com/50724236 / Password: Abs1	



Exercise #31: Sliding Hand on Wall Lats Stretch (702)



Start



End

Purpose:	To decrease the tension and increase the length in the lats (latissimus dorsi) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a standing position with your body a few inches away from the wall and your left hand on the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Drop your right hip away from the hand that is above you. 2. Contract your abdominals and don't let your ribs elevate as you slide your hand up the wall. 3. You should feel a light stretch in your lats (outer part of your back). 4. Perform 2 repetitions each held for 20 seconds on each side, daily.
Progressions:	<p>Increase the hold to 30 seconds</p> <p>Perform only on your injured side</p>
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.
Video of this exercise: https://vimeo.com/50706945 / Password: Abs1	



Exercise #32: Lat Stretch to the Side on the Floor (703)



Start



End

Purpose:	To decrease the tension and increase the length in the lats (latissimus dorsi) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin in a kneeling position with your hands about 45 degrees to the side.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Keep your hands on the floor and sit back on your heels. 2. You should feel a light stretch in your lats (outer part of your back). 3. Perform 2 repetitions each held for 20 seconds on each side, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.
Video of this exercise: https://vimeo.com/50708908 - (FRONT) / Password: Abs1 Video of this exercise: https://vimeo.com/50710349 - (SIDE) / Password: Abs1	



Step #6b – Fascial Stretching

For Step #6b – When you feel no more benefit from the #6a (static stretching), then perform exercises 33 to 39. For #6b, just perform the exercises that you feel a stretch with, and skip the exercises that you feel no stretch with.

EXERCISE #33: Deep Rotator Cuff Stretch (539)



Start



Middle



End

Purpose:	To decrease the tension and increase the length in the rotator cuff muscles to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with your back and heels about 6 inches from the wall and your left hand behind your back.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move the hand behind your back against the wall. 2. Move your head into a chin tuck and then rotate it to the left. 3. In a slow and controlled manner, step an inch to the right. 4. You should feel a light stretch deep in your left shoulder. 5. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Progress the stretch to 30 seconds Progress to 3 repetitions

FIX MY SHOULDER PAIN



GET BACK TO **PAIN FREE** WORKOUTS



Contraindications & Common Mistakes:

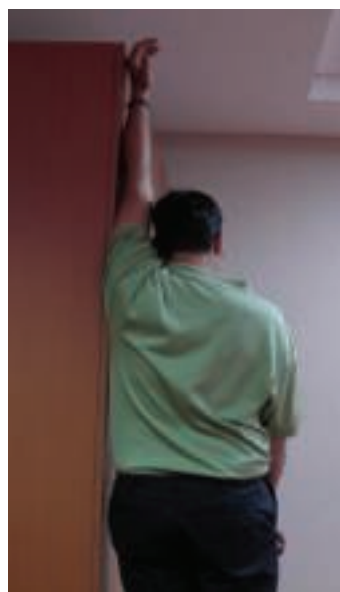
Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If the exercise is uncomfortable, make sure you are doing the exercise correctly. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.

I Don't Feel Anything – Make sure you are doing the exercise correctly. If you still do not feel anything, discontinue the exercise.

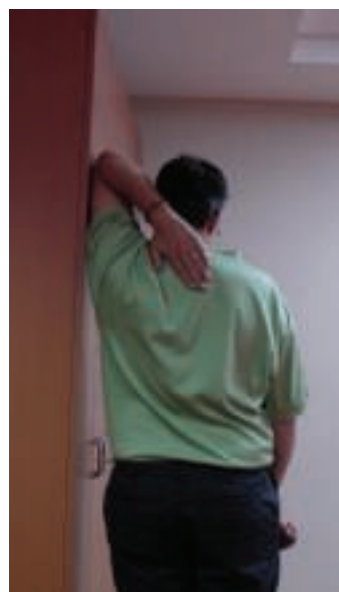
This Exercise Hurts – Discontinue this exercise and do exercise #27 – Sitting Arms Crossed Lats Stretch.

Video of this exercise: <https://vimeo.com/49215816> / Password: itb8

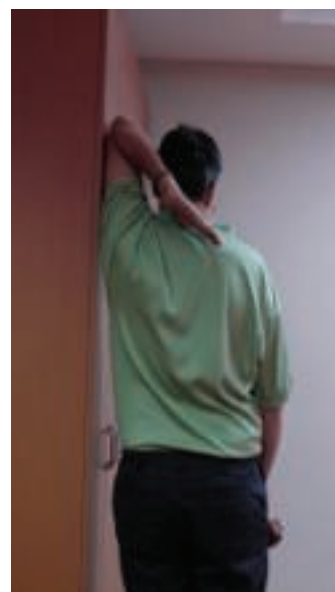
EXERCISE #34: Triceps Rope Stretch (541)



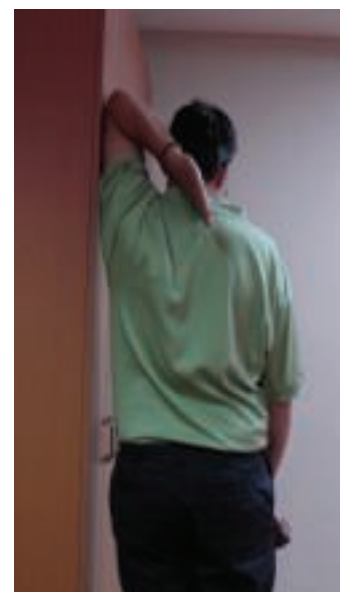
Start



Middle (a)



Middle (B)



End

Purpose:	To decrease the tension and increase the length in the triceps to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start with your left arm overhead and your arm and upper body pressed up against a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your left hand so it is behind your head. 2. Rotate your forearm forwards and backward to find out which way increases the stretch. 3. Hold the end position in the direction that creates the greatest stretch. 4. Move the hand that is behind your back so it is against the wall. 5. You should feel a light stretch in your left triceps. 6. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Progress the stretch to 30 seconds Progress to 3 repetitions

FIX MY SHOULDER PAIN



GET BACK TO **PAIN FREE** WORKOUTS



Contraindications & Common Mistakes:

Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If the exercise is uncomfortable, make sure you are doing the exercise correctly. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.

I Don't Feel Anything – Make sure you are doing the exercise correctly. If you still do not feel anything, discontinue the exercise.

This Exercise Hurts – Discontinue this exercise and do exercise #27 – Sitting Arms Crossed Lats Stretch.

Video of this exercise: <https://vimeo.com/49363445> / Password: itb8

Exercise #35: Coracobrachialis Stretch (543)



Start



End

Purpose:	To decrease the tension and increase the length in one of the deep shoulder muscles (coracobrachialis) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start by sitting with your feet wide and your hands on your knees.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move the pointy part of your left shoulder towards a point on the floor between your feet. 2. Rotate your shoulders and head away from the shoulder you are stretching. 3. You should feel a light stretch in the front of your shoulder. 4. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	<p>Progress the stretch to 30 seconds</p> <p>Progress to 3 repetitions</p>
Contraindications & Common Mistakes:	<p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If the exercise is uncomfortable, make sure you are doing the exercise correctly. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p> <p>I Don't Feel Anything – Make sure you are doing the exercise correctly. If you still do not feel anything, discontinue the exercise.</p> <p>This Exercise Hurts – Discontinue this exercise and do exercise #23 – Bottom Corner Stretch.</p>
Video of this exercise: https://vimeo.com/49650516 / Password: itb8	



Exercise #36: Subscapularis Stretch (556)



Start



Middle (a)



Middle (B)



End

Purpose:	To decrease the tension and increase the length in one of the deep rotator cuff muscles (subscapularis) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start on your stomach with your left arm in a push-up position, your right forearm on the floor with your elbow just below your shoulders, and the edges of the insides of your feet lightly together.



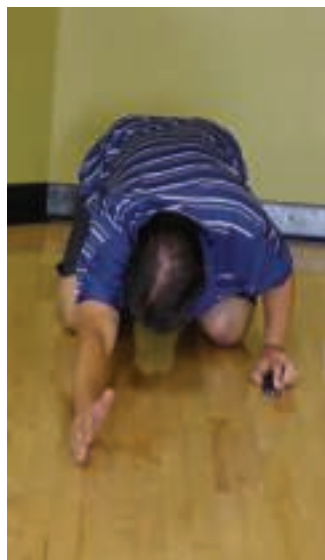
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your head to the right and then extend the back of your right wrist. 2. Lift your right forearm off the floor until you feel a light stretch under your shoulder blade. 3. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	<p>Progress the stretch to 30 seconds</p> <p>Progress to 3 repetitions</p>
Contraindications & Common Mistakes:	<p>Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If the exercise is uncomfortable, make sure you are doing the exercise correctly. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p> <p>I Don't Feel Anything – Make sure you are doing the exercise correctly. If you still do not feel anything, discontinue the exercise.</p>
Video of this exercise: https://vimeo.com/49803676 / Password: itb8	



Exercise #37: Lats Stretch (557)



Start



Middle (a)



Middle (b)



End

Purpose:	To decrease the tension and increase the length in the lats (latissimus dorsi) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin by kneeling with your left hand in a push-up position and your right arm out front.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Sit back on your heels and rotate your head to your right. 2. Rotate your right arm out and extend your wrist while keeping your right elbow straight. 3. Shift your ribs to the right side. You should feel a light stretch in your lats (outer part of your back). 4. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.
Video of this exercise: https://vimeo.com/49803692 / Password: itb8	



Exercise #38: Fascial Mid-Back Stretch (572)



Start



Middle (a)



Middle (b)



Middle (c)



Middle (d)



End

Purpose:	To decrease the tension and increase the length in the mid-back (rhomboids) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin by sitting on the edge of a chair.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Bring your right arm across your body, then extend and rotate your wrist so your fingers point down. 2. Rotate your head towards the right arm. 3. With your left arm, pull your right arm across your body. 4. Contract your right pec and rotate your upper body to the right a little to intensify the stretch in your right shoulder blade. 5. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury
Video of this exercise: https://vimeo.com/49944349 / Password: itb8	

Exercise #39: Pec Fascial Stretch (586)



Start



Middle (a)



Middle (b)



Middle (c)



Middle (d)



End

Purpose:	To decrease the tension and increase the length in the pec muscle (pectoralis major) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start in a push-up position on the floor.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Turn your head to the left. 2. Extend your right arm out to the side and lift it until you feel a light stretch in your shoulder. 3. Extend your right wrist and rotate your arm back. 4. Rotate your body to the left to intensify the light stretch in the front of the chest. 5. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side Progress to the exercise - #26: 90-90 Stretch with Twist (700)



Contraindications & Common Mistakes:

Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury.

Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.

Video of this exercise: <https://vimeo.com/50169514> (SIDE) / Password: itb8

Video of this exercise: <https://vimeo.com/50182017> (FRONT)/ Password: itb8



Step #7 – Vertical Hanging

For Step #7, select one of the following exercises: 40, 41, 42.

Exercise #40: Partial Vertical Hanging (573)



Start



End

Purpose:	To decrease the tension and increase the length in the mid-back (rhomboids) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Begin by sitting on the edge of a chair.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Bring your right arm across your body, then extend and rotate your wrist so your fingers point down. 2. Rotate your head towards the right arm. 3. With your left arm, pull your right arm across your body. 4. Contract your right pec and rotate your upper body to the right a little to intensify the stretch in your right shoulder blade. 5. Perform 2 repetitions on each side with each repetition held for 20 seconds, daily.
Progressions:	Increase the hold to 30 seconds Perform only on your injured side
Contraindications & Common Mistakes:	Light Stretch – You are looking for a light stretch. A strong stretch does not increase the effectiveness of the stretch and increases the risk of injury
Video of this exercise: https://vimeo.com/49944349 / Password: itb8	

Exercise #41: Narrow Grip Full Vertical Hanging (576)



Start



End

Purpose:	To stretch the ligaments in the shoulder to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start by grabbing a bar straight overhead.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Gradually increase the amount of body weight supported by your arms to the point where you are holding all of your bodyweight. 2. You should feel a stretch in your shoulders. 3. Perform 1 set of 3 repetitions with each repetition held for 10 seconds, daily.
Progressions:	Increase the hold to 15 seconds Increase to 5 repetitions Progress to exercise #42: Full Vertical Hanging with Pendular Swinging (575)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/49944414 / Password: itb8	

Exercise #42: Full Vertical Hanging with Pendular Swinging (575)



Start



Middle



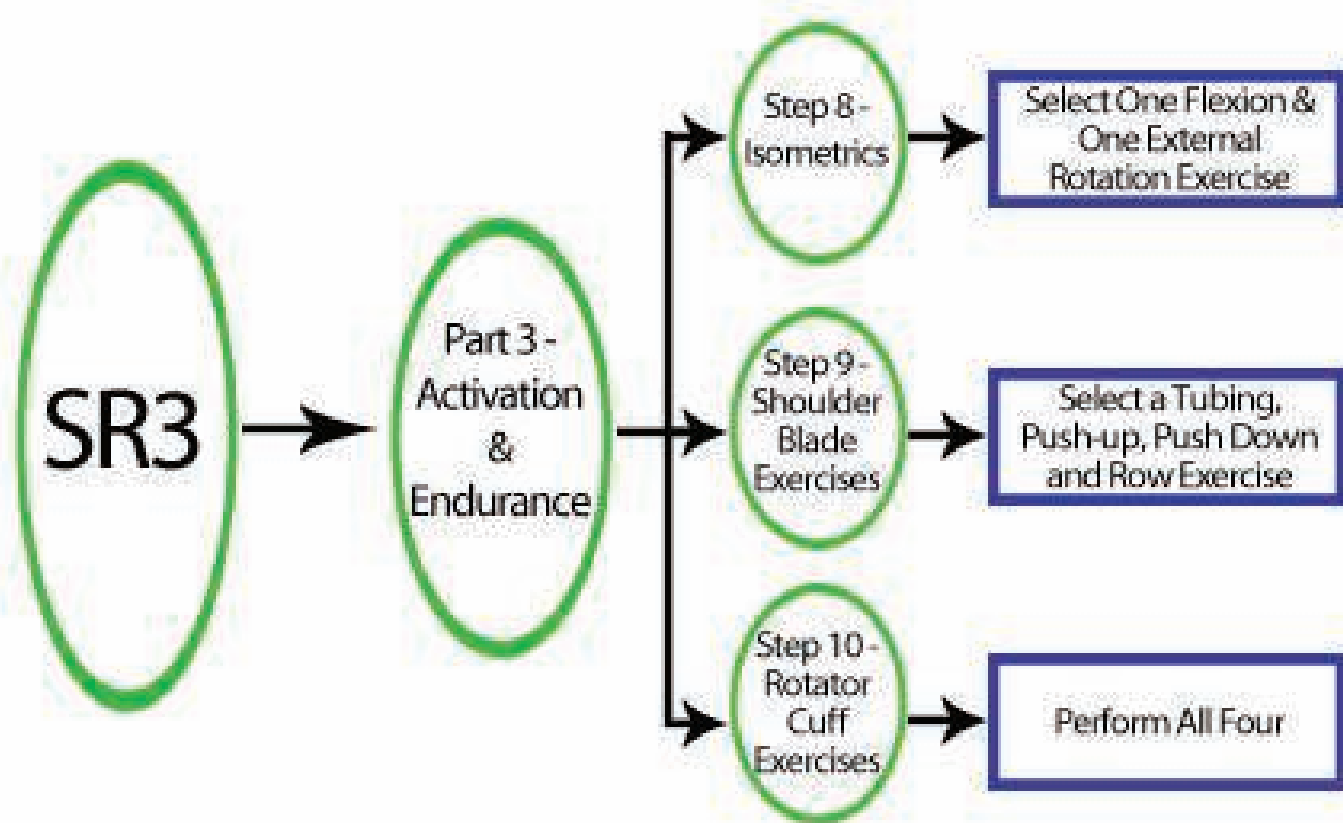
End

Purpose:	To stretch the ligaments in the shoulder to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Start by grabbing a bar straight overhead.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Gradually increase the amount of body weight supported by your arms to the point where you are holding all of your bodyweight. 2. Lightly swing yourself forward and back. 3. You should feel a stretch in your shoulders. 4. Perform 1 set of 3 repetitions with each repetition held for 10 seconds, daily.
Progressions:	Increase the hold to 15 seconds Increase to 5 repetitions
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/49948629 / Password: itb8	



Stage #3 – Activation and Endurance

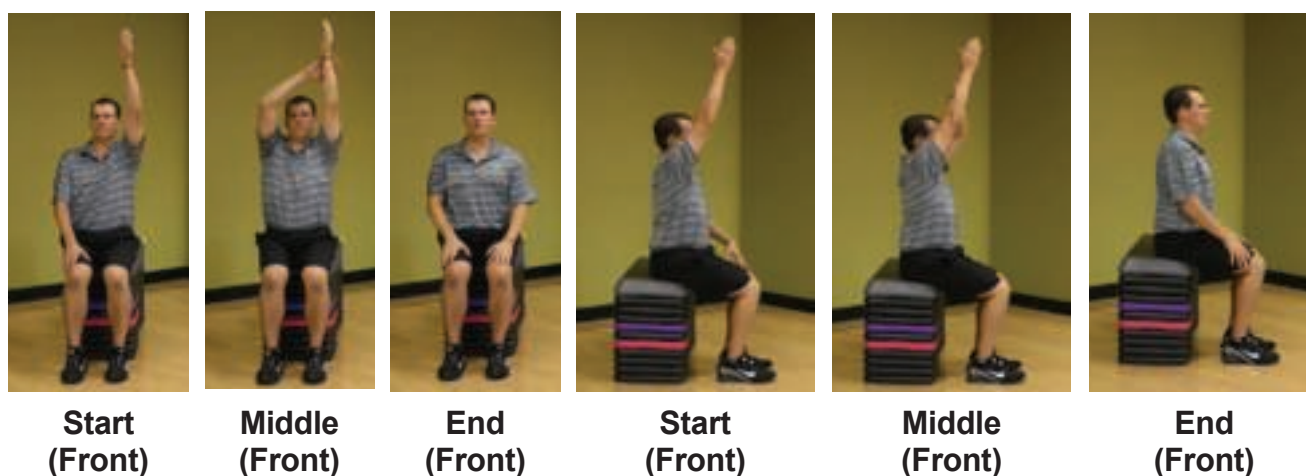
New Pain-free Shoulder Model



Step #8 – Isometrics

For Step #8, select a flexion exercise between exercises 43 and 44. Select an abduction and external rotation exercise between exercise 45 and 46.

Exercise #43: Sitting Isometric Shoulder Flexion Exercise (704)



Purpose:	To activate the shoulder blade muscle (scapular) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Sit and lift your left arm as high as you can without arching or shifting your body.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your right hand on top of your left hand. 2. Press your left arm into your right hand for six seconds at a 10% muscle contraction level. 3. Move your arm back to the start. 4. Perform 1 set of 6 repetitions with each repetition held for 6 seconds at a 10% muscle contraction level.
Progressions:	Progress to the exercise - #44: On Back Isometric Shoulder Flexion Exercise (228)
Contraindications & Common Mistakes:	Light Contraction – Only press 10% of your muscle contraction level as these muscle fibers are important in stabilizing your shoulder overhead.
Video of this exercise: https://vimeo.com/50712513 - (Front) / Password: Abs1 Video of this exercise: https://vimeo.com/50711274 - (Side) / Password: Abs1	

EXERCISE #44: On Back Isometric Shoulder Flexion Exercise (228)



Start



End

Purpose:	To activate the shoulder blade muscle (scapular) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Lying on the floor, lift your left arm as high as you can without arching or shifting your body.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Place something between your arm and the floor. In the above photo I am using a yoga block. 2. Now press your left arm into the yoga block for six seconds at a 10% muscle contraction level. 3. Move your arm back to the start. 4. Perform 1 set of 6 repetition with each repetitions held for 6 seconds at a 10% muscle contraction level.
Progressions:	None
Contraindications & Common Mistakes:	Light Contraction – Only press 10% of your muscle contraction level as these muscle fibers are important in stabilizing your shoulder overhead.
Video of this exercise: https://vimeo.com/50687120 / Password: 1Exercise	

Exercise #45: Sitting Isometric Shoulder External Rotation Exercise (705)



Start (front)



End (front)



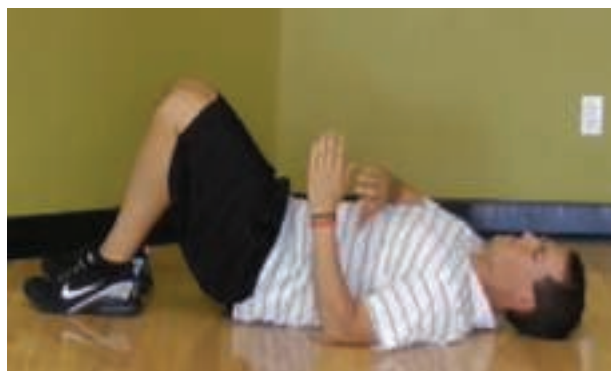
Start (side)



End (side)

Purpose:	To activate the rotator cuff muscles to continue reshaping the shoulder into a pain-free joint
Starting Position:	Sit and bend your right elbow, placing your left hand on your right wrist.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press your right arm into your left hand like you are trying to rotate your right upper arm for six seconds at a 10% muscle contraction level. 2. Move your arm back to the start. 3. Perform 1 set of 6 repetition with each repetition held for 6 seconds at a 10% muscle contraction level at 0, 30, 60, 90 and 120 degrees shoulder abduction (arm to the side).
Progressions:	Progress to the exercise - #46: On Back Isometric Shoulder External Rotation Exercise (227)
Contraindications & Common Mistakes:	Light Contraction – Only press 10% of your muscle contraction level as these muscle fibers are important in stabilizing your shoulder overhead.
Video of this exercise: https://vimeo.com/50724320 - (FRONT) / Password: Abs1 Video of this exercise: https://vimeo.com/50713620 - (SIDE) / Password: Abs1	

EXERCISE #46: On Back Isometric Shoulder External Rotation Exercise (227)



Start



End

Purpose:	To activate the rotator cuff muscles to continue reshaping the shoulder into a pain-free joint.
Starting Position:	On your back, bend your right elbow and place your left hand on your right wrist.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press your right arm into your left hand like you are trying to rotate your right upper arm out for six seconds at a 10% muscle contraction level. 2. Move your arm back to the start. 3. Perform 1 set of 6 repetitions with each repetitions held for 6 seconds with a 10% muscle contraction level at 0, 30, 60, 90 and 120 degrees shoulder abduction (arm to the side).
Progressions:	None
Contraindications & Common Mistakes:	Light Contraction – Only press 10% of your muscle contraction level as these muscle fibers are important in stabilizing your shoulder overhead.
Video of this exercise: https://vimeo.com/50681369 / Password: 1Exercise	



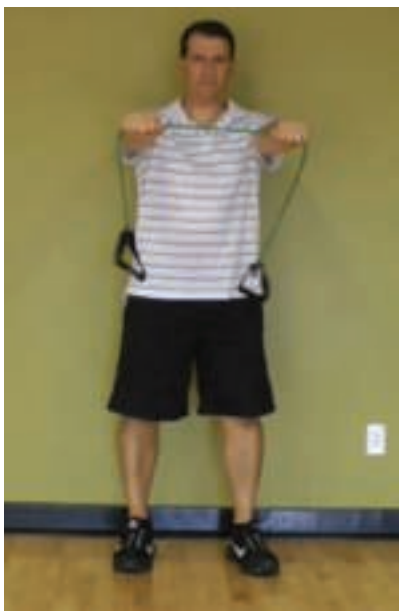
Step # 9 – Shoulder Blade Strength

For Step #9:

- Select a tubing exercise between exercises 47 and 48.
- Select a push up exercise between exercise 49, 50 or 51.
- Select a push down exercise between exercise 52, 53 or 54.
- Select a rowing exercise between exercise 55 or 56.



Exercise #47: Open and Close with Tubing (687)



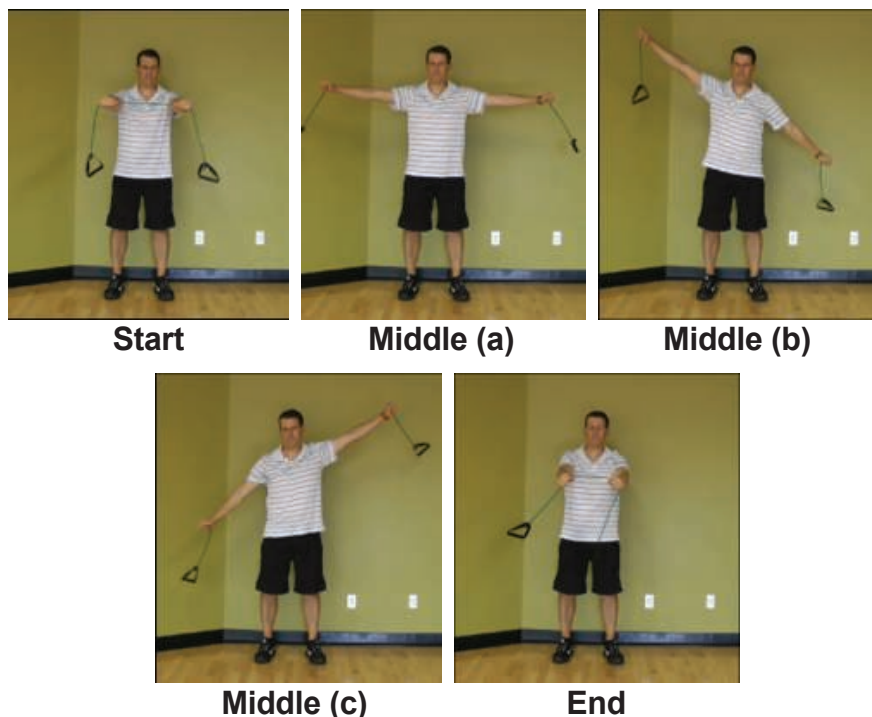
Start



End

Purpose:	To activate the shoulder blade muscle (specifically middle fibers of trapezius) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand and holding tubing with tension between your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your hands apart in a controlled manner. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Increase the resistance of the tubing Perform 2 or 3 sets Progress to the exercise - #48: 3-Way with Tubing (238)
Contraindications & Common Mistakes:	Shoulders Relaxed – Your shoulders should be relaxed and not elevated.
Video of this exercise: https://vimeo.com/50503290 / Password: Abs1	

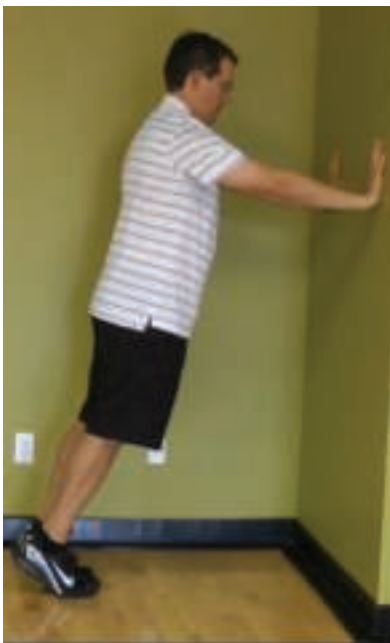
Exercise #48: 3-Way with Tubing (238)



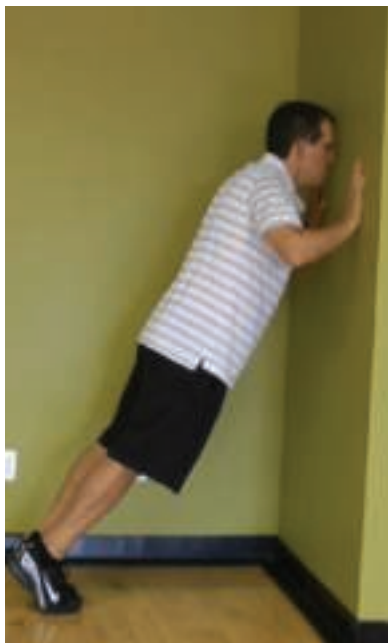
Purpose:	To activate the shoulder blade muscle (specifically all fibers of trapezius) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand and hold tubing with tension between your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your hands apart in a controlled manner. End 2. Hold the end position for a second and then return to the start. 3. Separate the tubing at an angle so the top hand is about 120 degrees and the bottom hand is 45 degrees. 4. Hold the end position for a second and then return to the start. 5. Switch arms. 6. Separate the arms and hold the end position for a second and then return to the start. 7. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Increase the resistance of the tubing Perform 2 or 3 sets
Contraindications & Common Mistakes:	Shoulders Relaxed – Your shoulders should be relaxed and not elevated.
Video of this exercise: https://vimeo.com/50501149 / Password: 1Exercise	



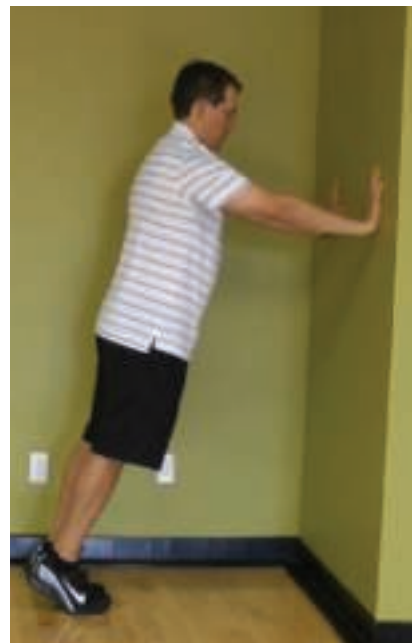
Exercise #49: Wall Push Up Plus (237)



Start



Middle



End

Purpose:	To activate the shoulder blade muscles (specifically serratus anterior) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	In push up position against a wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Pivot at your toes and perform a push up against the wall. 2. Move back to the starting position. As you get to the starting position, pass it by reaching a little further with your arms and shoulder blades. 3. Hold this position for a second and then return to the start. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Perform 2 or 3 sets Progress to the exercise: #50: Floor Push Up Plus (236)
Contraindications & Common Mistakes:	Shoulders Relaxed – Your shoulders should be relaxed and not elevated.
Video of this exercise: https://vimeo.com/50500219 / Password: 1Exercise	

EXERCISE #50: Floor Push Up Plus (236)



Start



Middle



End

Purpose:	To activate the shoulder blade muscles (specifically serratus anterior) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	In push up position on the floor.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Perform a push up. 2. Move back to the starting position. As you get to the starting position, pass it by reaching a little further with your arms and shoulder blades. 3. Hold this position for a second and then return to the start. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Perform 2 or 3 sets Progress to the exercise: Decline Floor Push Up Plus (694)
Contraindications & Common Mistakes:	Shoulders Relaxed – Your shoulders should be relaxed and not elevated.
Video of this exercise: https://vimeo.com/50693481 / Password: 1Exercise	

EXERCISE #51: Decline Floor Push Up Plus (694)



Start



Middle



End

Purpose:	To activate the shoulder blade muscles (specifically serratus anterior) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	In push up position on the floor with your feet elevated.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Perform a push up. 2. Move back to the starting position. As you get to the starting position, pass it by reaching a little further with your arms and shoulder blades. 3. Hold this position for a second and then return to the start. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Perform 2 or 3 sets Add tubing around your back and hands Add chains over your back
Contraindications & Common Mistakes:	Shoulders Relaxed – Your shoulders should be relaxed and not elevated.
Video of this exercise: https://vimeo.com/50666000 / Password: Abs1	

EXERCISE #52: Tubing Push Down (235)



**Start
(front)**



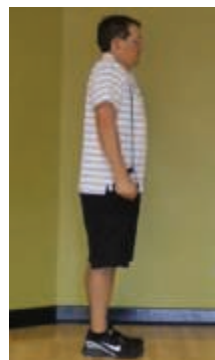
**Middle
(front)**



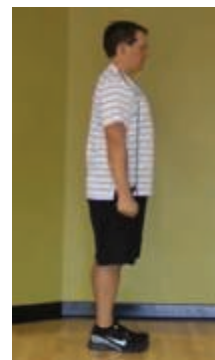
**End
(front)**



**Start
(front)**



**Middle
(front)**

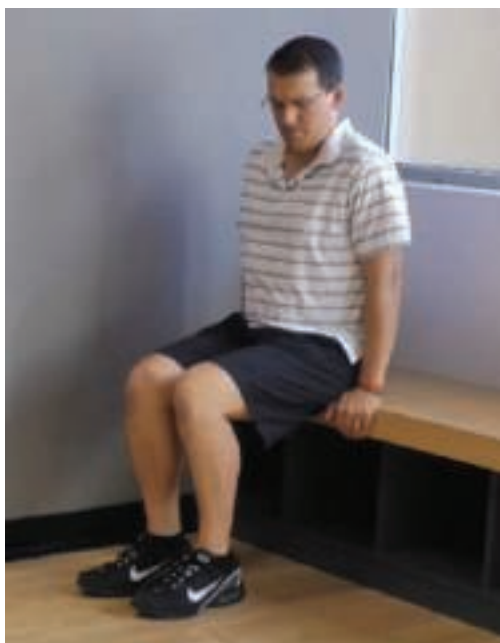


**End
(front)**

Purpose:	To activate the shoulder blade muscles (specifically lower trapezius and serratus anterior) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with tubing in your hands and wrapped around the back of your neck.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Push down with your arms like you are reaching for the floor. You should feel your shoulder and shoulder blade move down. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Perform 2 or 3 sets Increase the resistance of the tubing Perform the exercise with one arm at a time Progress onto the exercise - #53: Seated Push Down (234)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50498081 / Password: 1Exercise	



Exercise #53: Seated Push Down (234)



Start



End

Purpose:	To activate the shoulder blade muscles (specifically lower trapezius and serratus anterior) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Sit with your hands wrapped around the edge of a chair.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Push down with your arms like you are reaching for the floor. You should feel your shoulder and shoulder blade move down and lift your seat off the chair. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase to 10 repetitions Perform 2 or 3 sets Add resistance by adding weight on your lap Progress onto the exercise - #54: Pulley Push Down (690)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50495352 / Password: 1Exercise	

Exercise #54: Pulley Push Down (690)



Start



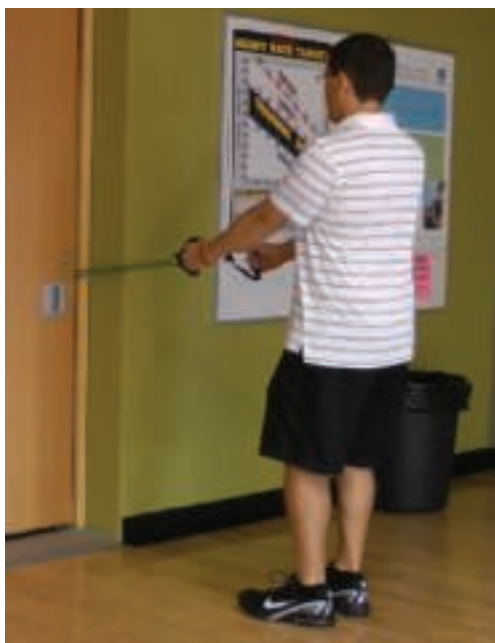
Middle



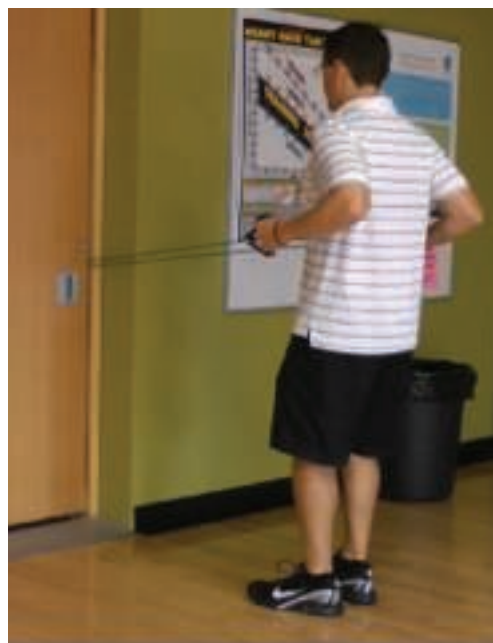
End

Purpose:	To activate the shoulder blade muscles (specifically lower trapezius and serratus anterior) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with a pulley cable in your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Push down with your arms like you are reaching for the floor. You should feel your shoulder and shoulder blade move down. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance of the pulley Increase to 10 repetitions Perform 2 or 3 sets
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50647332 / Password: Abs1	

Exercise #55: Tubing Row (233)



Start



End

Purpose:	To activate the shoulder blade muscles (specifically middle trapezius and rhomboids) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with fixed tubing in your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Row back by pulling your elbows back and focus on your shoulder blades being active and moving towards your spine. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance of the tubing Increase to 10 repetitions Perform 2 or 3 sets Perform one arm at a time Progress onto the exercise - #56: Pulley Row (693)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50492601 / Password: 1Exercise	

FIX MY SHOULDER PAIN

CRITICAL BENCH.com

GET BACK TO **PAIN FREE** WORKOUTS

Exercise #56: Pulley Row (693)



Start



End

Purpose:	To activate the shoulder blade muscles (specifically middle trapezius and rhomboids) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with a straight bar of a pulley machine, in your hands.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Row back by pulling your elbows back and focus on your shoulder blades being active and moving towards your spine. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance in the pulley Increase to 10 repetitions Perform 2 or 3 sets Perform one arm at a time
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50684229 / Password: Abs1	

Step # 10 – Rotator Cuff Strengthening

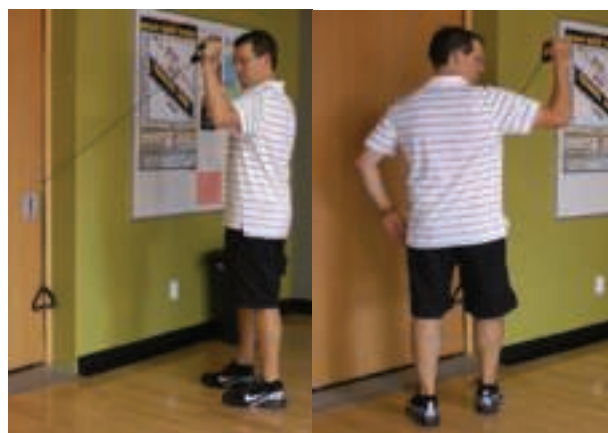
For Step #9:

- Select a 90-90 exercises between 57 and 58.
- Select a dynamic hug exercise between exercise 59 or 60.
- Select a shoulder internal rotation exercise between exercise 61 or 62.
- Perform exercise 63.

Exercise #57: 90-90 Rotator Cuff Tubing Exercise (229)



Start



End

Purpose:	To activate the rotator cuff muscles (specifically infraspinatus and teres minor) to continue reshaping the shoulder into a pain-free joint
Starting Position:	Stand with fixed tubing in your left hand and your arm bent and elbow just below your shoulder
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your upper arm back in a controlled manner. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance in the tubing Increase to 10 repetitions Perform 2 or 3 sets Progress to the exercise - #58: 90-90 Rotator Cuff Pulley Exercise (691) If the exercise is too difficult, move the elbow to your side.
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50689007 / Password: 1Exercise	

Exercise #57: 90-90 Rotator Cuff Tubing Exercise (229)



Start



End

Purpose:	To activate the rotator cuff muscles (specifically infraspinatus and teres minor) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with a pulley handle in your hand and your arm bent at the elbow just below your shoulder.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your upper arm back in a controlled manner. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance of the pulley Increase to 10 repetitions Perform 2 or 3 sets If the exercise is too difficult, move the elbow to your side.
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50648648 - (BACK) / Password: Abs1 Video of this exercise: https://vimeo.com/50649832 - (SIDE) / Password: Abs1	

Exercise #59: Dynamic Hug with Tubing (581)



Start



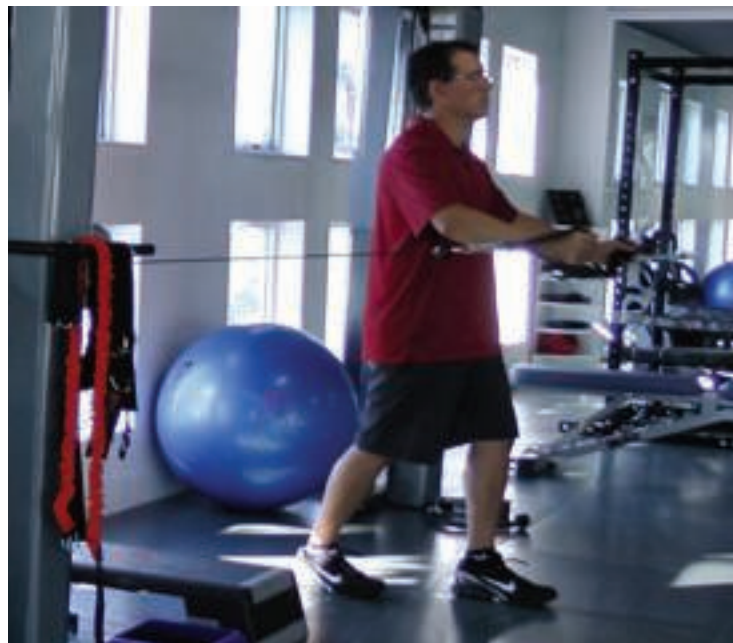
End

Purpose:	To activate the rotator cuff muscles (specifically upper/lower subscapularis and supraspinatus) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with tubing handles in your hands and your arms in the starting position of a bear hug.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your arms forward like you are doing a bear hug but do not close the hug. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance of the pulley Increase to 10 repetitions Perform 2 or 3 sets Progress to the exercise - #60: Dynamic Hug with Pulleys (580)
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise (FRONT): https://vimeo.com/49951726 / Password: itb8 Video of this exercise (SIDE): https://vimeo.com/49951737 / Password: itb8	

Exercise #60: Dynamic Hug with Pulleys (580)



Start

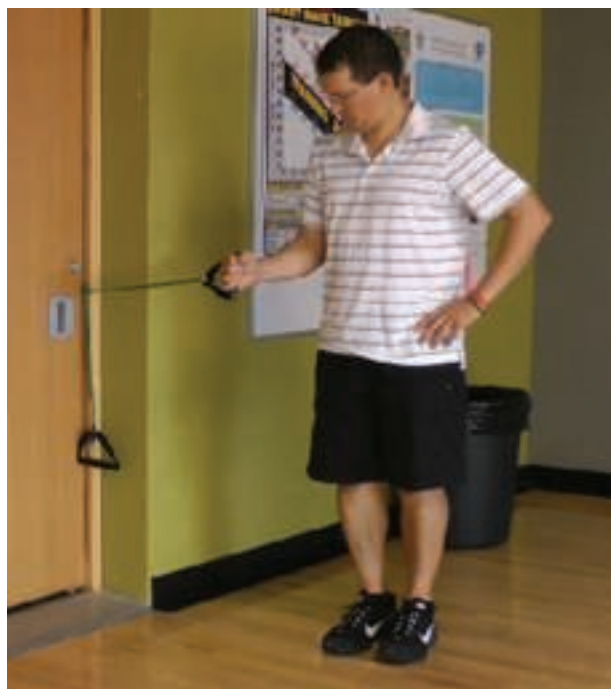


End

Purpose:	To activate the rotator cuff muscles (specifically upper/lower subscapularis and supraspinatus) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with pulley handles in your hands and your arms in the starting position of a bear hug.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Move your arms forward like you are doing a bear hug but do not close the hug. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance of the pulley Increase to 10 repetitions Perform 2 or 3 sets
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/49951721 / Password: itb8	



Exercise #61: Tubing Shoulder Internal Rotation and Abduction (231)



Start



End

Purpose:	To activate the rotator cuff muscles (specifically upper and lower subscapularis) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with your elbow bent at 45 degrees from your body while you hold the handle of a piece of fixed tubing.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your upper arm in, pulling the resistive tubing tight. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance of the tubing Increase to 10 repetitions Perform 2 or 3 sets Progress to the exercise - #62: Pulley Shoulder Internal Rotation and Abduction (692)
Contraindications & Common Mistakes:	Shoulder Rotation – The only part of your body that should move is your upper arm as it rotates.
Video of this exercise: https://vimeo.com/50690691 / Password: 1Exercise	

Exercise #62: Pulley Shoulder Internal Rotation and Abduction (692)



Start



End

Purpose:	To activate the rotator cuff muscles (specifically upper and lower subscapularis) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Stand with your elbow bent at 45 degrees from your body while you hold the handle of a piece of fixed tubing.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Rotate your upper arm in, pulling pulley until your hand hits your stomach. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the resistance of the pulley Increase to 10 repetitions Perform 2 or 3 sets
Contraindications & Common Mistakes:	Shoulder Rotation – The only part of your body that should move is your upper arm as it rotates.
Video of this exercise: https://vimeo.com/50656024 / Password: Abs1	

Exercise #63: Side Lying Dumbbell Shoulder Abduction (225)



Start



End

Purpose:	To activate the rotator cuff muscles (specifically supraspinatus) to continue reshaping the shoulder into a pain-free joint.
Starting Position:	Lying on your side with a dumbbell in your hand.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift the dumbbell away from your body until it is about 45 degrees from your body. 2. Hold this position for a second and then return to the start. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	Increase the weight of the dumbbell Increase to 10 repetitions Perform 2 or 3 sets
Contraindications & Common Mistakes:	Mild Discomfort – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/50271762 / Password: 1Exercise	

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About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.



Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Where can Healing Through Movement meet you:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

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Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit <http://www.HealingThroughMovement.com>



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Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>



Muscle Imbalances Revealed – Lower Body

(Earn 6 CECs)

As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your clients' ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>

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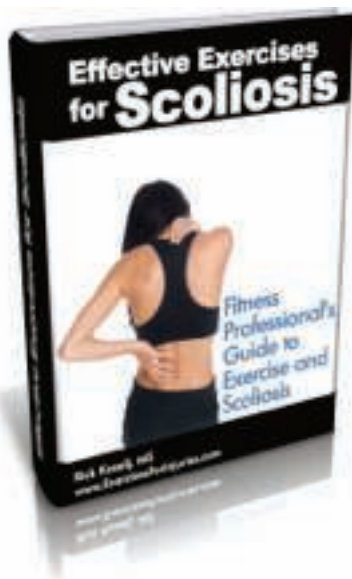
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Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>



The Most Effective Exercises For Scoliosis (Earn 6 CECs)

Fitness Professional's Guide to Exercise and Scoliosis

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>

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Effective Rotator Cuff Exercises

(Earn 6 CECs)

Fitness Professional's Guide to Rotator Cuff Exercises

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then Effective Exercises Rotator Cuff Exercises is a “must take” course for you.

For more details visit - <http://EffectiveRotatorCuffExercises.com>

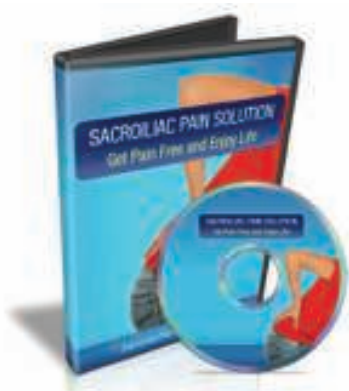
Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

For more details visit - <http://SacroiliacPainSolution.com/>

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Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - http://exercisesforinjuries.com/lumbar_fusion_exercises/



Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>

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Knee Injury Solution

I often get asked, “How do I strengthen my knees?”, or “I have injured my knee, what exercises can I do to fix it?” Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - <http://KneeInjuryExercises.com>