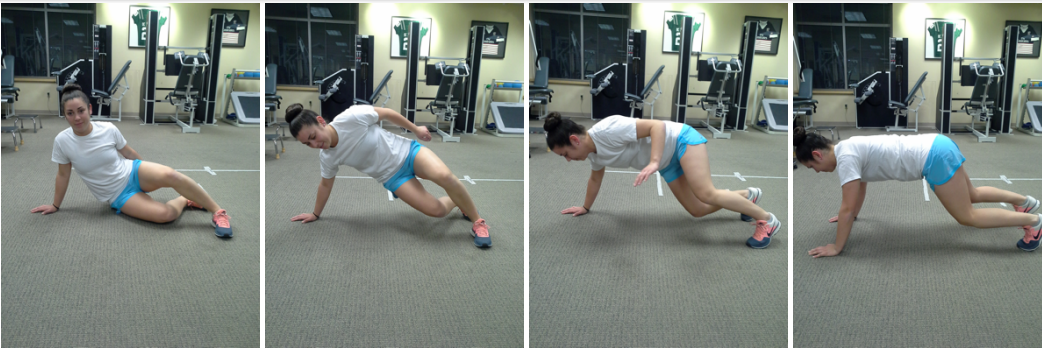


Closed Chain Shoulder



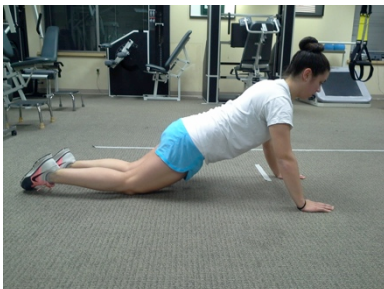
Side sit to bear crawl: perform sequence of movements as shown, and then reverse them to return to starting position. Move slowly, driving through the down arm. Perform 2x10 reps left and right.



Downward dog: begin in a plank position. Push chest away from floor. Drive through your arms to push back as shown. Try to extend through your upper back. Perform 2x10 reps.



Plank rolls: begin in a plank position. Drive through your elbow to rotate to the open position as shown. Keep your shoulders and hips together, rolling at the same time. Perform 2x5 each way.



Modified push-up: keep knees on floor. Do not let elbows get higher than shoulders.



Push-up: assume pillar position, keeping abs and glutes tight. Do not let elbows get higher than shoulders.

Perform 3x10 reps.

Medical Disclaimer

This online information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.

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