Shoulder Mobility Corrective Exercise Progressions

Partner Stretch
Trunk Rotation with Shoulders Internal/External

Starting Position- Athlete lies supine with hips flexed and knees flexed and shoulders at 90 degrees of abduction with elbows extended.

Execution at a Glance- Partner grasps wrist and elbow of arm being stretched and applies slight traction. The athlete then rotates lower body to the opposite side while maintaining a flat upper back. The hand to which the legs are rotated should be palm down. The partner then internally and externally rotates the shoulder while keeping the slight traction. The stretch is held in each direction for 5-7 seconds and is repeated bilaterally for 3-5 repetitions.

Safety Tips and Verbal Cueing- The athlete must maintain a flat upper back during the stretch and traction should be continued throughout the activity. The hips should be flexed greater than 90 degrees throughout the rotation of the legs. Take special note of right and left asymmetries, focusing on the weakness.
Wall Sit with Shoulder Press

Purpose: Hip mobility, strength and mobility of upper extremity, core stability.

Exercise description: Sit on floor, with back against the wall and soles of feet together, pulled towards body. Hold arms out to side against the wall, with elbows flexed to 90 degrees. Place back of hands flat against wall or as close to wall as possible. Press hands upward towards ceiling. Press knees towards floor at the same time as raising arms up over head. Perform the pressing as far as possible while keeping the hands against the wall, or as close to the wall as possible.