

### Scapular Retraction with External Rotation

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 2 Time(s) a Week

Stand holding a theraband in your hands, palms facing up. Keep your elbows pulled in at your sides and squeeze your shoulder blades back and together, allowing your arms to rotate out to the side.



### D2 Flexion

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 2 Time(s) a Week

Start with arm across body at opposite hip gripping theraband. Squeeze shoulder blade towards the spine as you bring the arm in a diagonal overhead. Thumb should rotate from down position to up position through the motion (as if "drawing a sword"). Slowly return back to the start position



### Serratus Anterior Wall push-ups

Repeat 30 Times  
Hold 2 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Week

Starting Position: Stand facing wall with arms fully extended out in front, and with hands shoulder width apart. Press into the wall while protracting scapula (shoulder blades move apart). Then pinch shoulder blades together. Move slowly. Repeat.



Total 5



### Standing row with theraband

Anchor the bands in front of you at waist height as shown. Begin with your arms straight in front of you, and pull your elbows next to your body, squeezing your shoulder blades. Slowly return to the starting position and repeat.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 2 Time(s) a Week



### Shoulder Extension with Theraband

Stand with theraband at chest height. Start holding theraband in both hands, arms extended in front of you. Squeeze shoulder blades down and back then pull your hands to your sides keeping your arms straight.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 2 Time(s) a Week

