

Shoulder Activation

Wall slide with liftoff



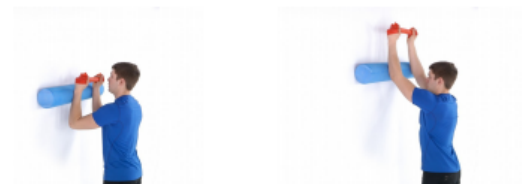
- Stand facing a wall with your forearms on the wall.
- Slowly slide your arms up the wall, keeping your shoulders down.
- Squeeze your shoulder blades together to barely lift your arms off the wall, then slowly lower your arms back down.

2 arms raise with band



- Stand up with a band around the wrists.
- Place the feet and hands hip width.
- Keep the band taut and raise the arms overhead as you flex the knees and push the hips back to do a small squat.
- Keep the spine neutral.
- The knees should not come in front of the toes.

Anterior wall slide + ER



- Stand facing a wall and place the side of your forearms in front of you on a foam roller on the wall.
- Hold a band between your arms. The band should be taut.
- Slowly roll your arms up the wall, keeping your arms straight against the resistance of the band.
- Lower to the starting position and repeat.

Wall slide



- Stand or sit on the floor with back and buttocks against the wall. Place your head (chin in), your shoulders, elbows and wrists against the wall with shoulders and elbows at 90 degrees.
- Keeping the entire body in contact with the wall, slowly slide your arms upward along the wall.
- Breathe normally during movement and slowly return to the initial position.