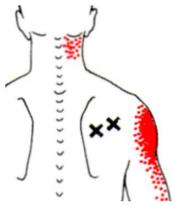


## STRONG & STABLE SHOULDERS

# SHOULDER MOBILITY

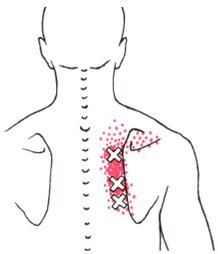
### ➔ Shoulder Blade



With the ball secured between your shoulder blade and the wall. Bring the

arm across your body 4-5 times. Find another tender spot on the scapula and repeat the process.

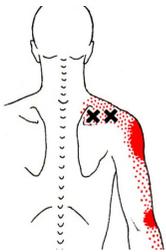
### ➔ Rhomboids



Very similar to the shoulder blade, except place the ball between your shoulder blade and your spine

Bring the same arm across your body 4-5 times. Move the ball up or down to find another tender spot and repeat the process.

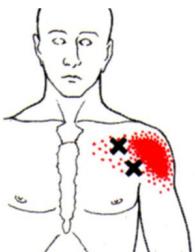
### ➔ Traps



Place the ball on top of the shoulder where a tank top strap would go. Bring the same arm across your body 4-5 times.

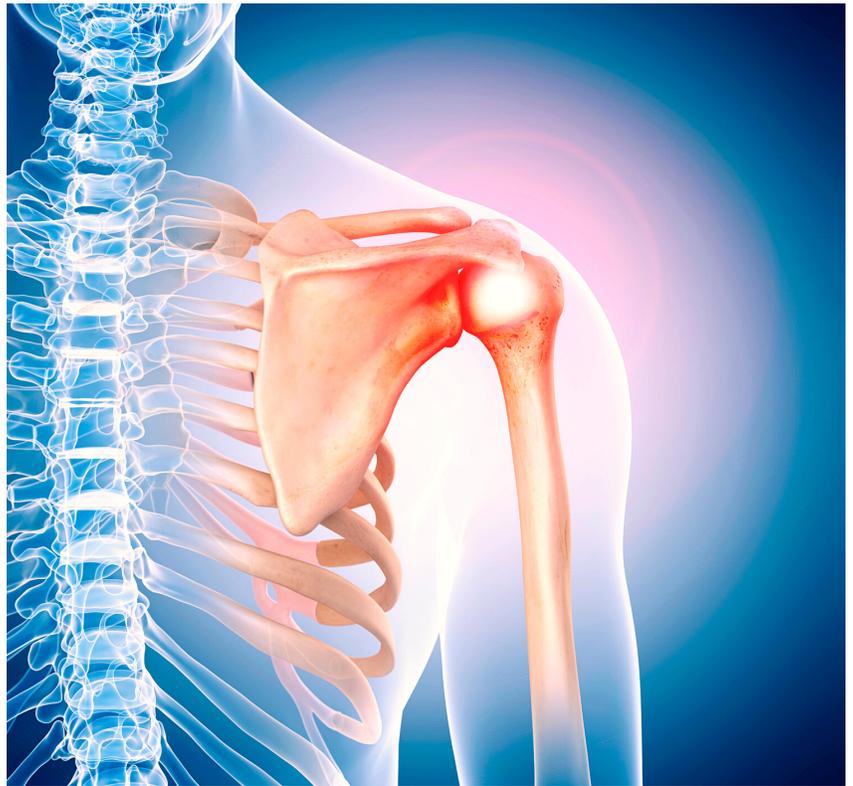
Move the ball towards the neck and repeat the process two more times.

### ➔ Chest



Place the ball on the chest next to the sternum and below the collar bone. Depress the ball into the muscle and

drag the ball towards your armpit. Repeat this process for the rest of the chest muscle.



# STRONG & STABLE SHOULDERS!

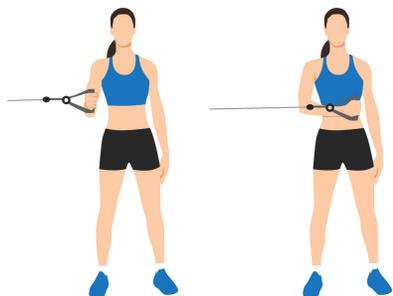
By Bill Carter, DC

About 70% of the population will experience shoulder pain at some point in their lifetime. That's not all that surprising considering that the shoulder is the most mobile joint in the human body. This mobility provides the upper body with a tremendous range of motion but also leaves the shoulder vulnerable to injury. Repetitive activities like sports, working out and even chores around the house can put immense pressure on the shoulder resulting in pain, stiffness, or injury.

The shoulder consists of the clavicle (collarbone), scapula (shoulder blade), and humerus (upper arm bone) along with fourteen muscles and numerous ligaments. It's crucial to perform frequent maintenance on these shoulder structures to protect your shoulder from future damage.

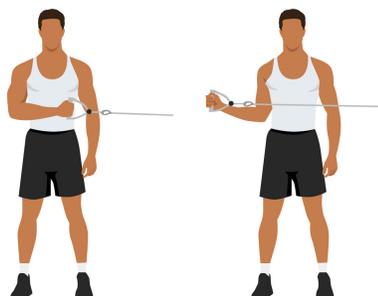


### Internal Rotation



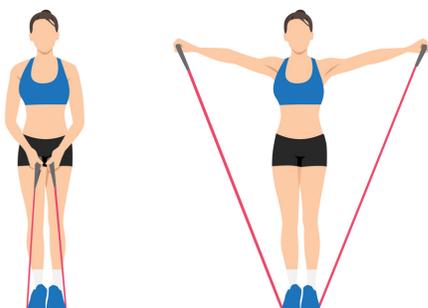
Bend your arm at the elbow and keep your elbow pinned to your side, with your forearm pointing forward. While keeping your elbow in place move your hand towards your stomach. Slowly return to the starting position & repeat.

### External Rotation



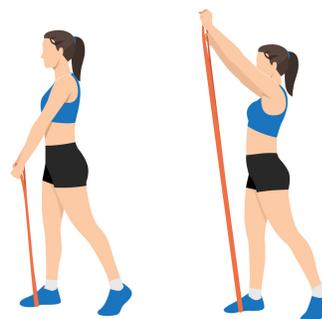
Bend your arm at the elbow and keep your elbow pinned to your side, with your hand resting on your stomach. While keeping your elbow in place rotate your hand outwards to about 45 degrees past your body. Slowly return to the starting position & repeat.

### Lateral Raises



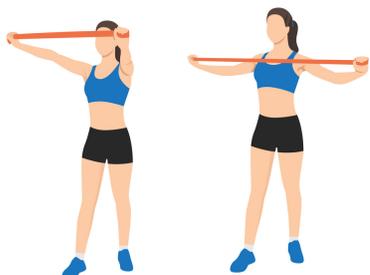
With your hands starting from your hips and thumbs up, move your arms toward the sky ending in a T shape. The motion will mimic having wings.

### Anterior Raises



Chest up. With your hands at your sides and thumbs pointed up, move your arms towards the sky ending your hands as high as possible.

### Pull Aparts



Chest up. Start with your pinkies touching and your thumbs pointing outward. Separate your hands as far as possible and keep your elbows straight. Try not to hike up your shoulders.

