

**Health Connections**

12792 Ford Drive  
Fishers, IN 46038

317-585-9111



**Pectorals Wall**

Stand level with a doorway or wall and raise one arm as if to wave.  
Place forearm along door jam placing elbow approximately at shoulder height.  
Step one foot forward (keeping feet shoulder width apart), bend front knee.  
Gently lean chest straight forward to feel a stretch in the front of the chest.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Biceps Wall**

Standing about 1 foot past a wall or doorway, reach back to grasp the door jam with one hand, keeping arm just lower than shoulder height.  
Step one foot forward (keeping feet shoulder width apart) and bend front knee slightly.  
Keep shoulders and pelvis square and elbow straight, lean body straight forward to feel a stretch in the front of the arm.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Pectorals / Mid Back Extension**

Clasp hands together and gently place behind neck.  
Sit tall and keep chin tucked down slightly.  
Raise chest up, breath in and slowly bring elbows backwards.  
Exhale, relax and repeat.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Rotator Cuff Self Traction**

Keeping shoulders square, reach one arm in front and across body and grasp wrist with opposite hand.  
Gently pull forward on wrist and take a deep breath in to feel a stretch in the back of the shoulder joint.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Rotator Cuff Quadruped**

Kneeling in front of a table or chair, reach one arm across body to grasp far edge of chair.  
Lean body straight backwards to feel a stretch in the back of the shoulder.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Triceps Cross Body**

Sitting tall, shoulders square, place one hand across body toward opposite shoulder.  
Use opposite hand to gently bring elbow further across body, keeping shoulders square, to feel a stretch in the back of the upper arm.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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**Levator Standing**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head away from side being stretched and let head hang forward to feel a stretch in the side and back of the neck.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Lats**

Fold arms together on top of head. Bend slightly to one side and direct the top elbow towards the ceiling to feel a stretch in the side and 'arm pit' area. Inhale deeply to increase stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Shoulder Circles**

Sitting tall, shrug shoulders up, roll them backwards, down and then forwards. Keep shoulders relaxed and repeat in opposite direction (clockwise/counterclockwise).

Sets:	
Reps:	10
Weight:	
Hold:	
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Lats / Rotator Cuff Self Traction**

Stand at a 45° facing a closed door with one foot in front of the other in a lunge type position. Reach forward and grasp doorknob then slowly sit lower body down and backward to feel a stretch in the back and side of the shoulder.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Triceps**

Sitting tall, place one hand behind neck, use opposite hand to grasp elbow and try to slide finger tips further down spine to feel a stretch in the back of the upper arm.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Trapezius Standing**

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck.

Sets:	
Reps:	
Weight:	
Hold:	20-30 sec. each side
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31