SHOULDER/THORACIC SPINE MOBILITY,

CAT CAMEL

1. Start on your hands and knees on the floor (Knees under hips, hands under shoulder)

2. From there, round your back and push it towards the ceiling until you feel a stretch

3. Hold this position for a few seconds then return to the start position

4. Arch your back slowly and press your stomach towards the floor whilst lifting your buttocks towards the ceiling

5. Hold this position for a few seconds then return to the start position and repeat

THREAD THE NEEDLE

1. Start on the floor on all fours with knees under hips and hands under shoulders

2. Keeping the hips square, reach your right arm underneath you as far as you can and hold for a few seconds whilst exhaling slowly

3. From there, rotate your right arm around over your head and hold for a few seconds

4. Repeat movement with the left arm

THORACIC/SHOULDER EXTENSIONS (WITH FOAM ROLLER)

1. Start in a kneeling position with a foam roller in front of you
2. Place forearms on foam roller with thumbs facing up
3. Slowly roll your arms forward until shoulders are fully extended
4. Hold this position for a few seconds then return to start and repeat

OPEN THE BOOK

1. Start in a side lying position on the floor with shoulders stacked

2. Reach arms out in front, keeping them in line with the shoulder

3. Bend the top leg whilst keeping the bottom leg straight (foam roller can be used to support top leg)

4. Keeping the hips and knees in the same position, rotate the top arm around (try touch the floor with your hand) whilst exhaling slowly

5. Return to start position and repeat 5 times on each side

SHOULDER DISLOCATES (WITH BAND OR DOWEL)

1. Starting in a standing position hold the end of the resistance band in each hand

2. Pull the band apart and raise arms up over head

3. Continue to move arms behind your head keeping the elbows straight until your hands are behind your back

4. Adjust your grip width until you can complete movement without bending your elbows

5. Return to start position and repeat