



Notes:

Alphabet Wrist

Seated with forearm resting on edge of table or armrest. Move wrist so as to draw the letters of the alphabet. Try figure 8's and side lying 'lazy' 8's in both directions.

Sets:	
Reps:	8-10
Weight:	
Hold:	
Rest:	

- 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



Notes:

Wrist Flexors - Elbow Extended

Sitting with arm straight out in front, fingers pointed up to ceiling. Grasp fingers with opposite hand and gently bend wrist back.

Sets:	
Reps:	2x
Weight:	
Hold:	20 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



Notes:

Wrist Extensors - Elbow Extended

Sitting with arm straight out in front, fingers pointed down to floor. Grasp palm with opposite hand and gently bend wrist down as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	20 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



Notes:

perform both clockwise and counterclockwise

Shoulder Circumduction - Standing

Standing with arms out at sides. Make small circles with the arms gradually progressing to bigger circles. Repeat in the opposite direction.

Sets:	
Reps:	
Weight:	
Hold:	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



Active Sh. Hyperext. - Hands Clasped

Standing tall with hands clasped behind back, palms facing down. Inhale. Exhale and keeping arms straight, raise arms up off back as far as possible. Avoid bending forward. Hold briefly at end position, inhale while returning to start position. Repeat motion.

Sets:	
Reps:	6x
Weight:	
Hold:	4-6 secs
Rest:	

Notes:

- 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



Active Supraspinatus

Place arm horizontally across body with thumb down. Grasp arm at elbow level with opposite hand and assist arm while reaching across body.

Sets:	
Reps:	6x
Weight:	
Hold:	4-6 sec
Rest:	

Notes:

- 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



Active Pecs / Horizontal Abduction

Sitting or standing with hands open, palms together in front of stomach. Begin with arms below shoulder level. Inhale. Exhale and actively bring arms straight back as far as possible keeping tall posture. Hold briefly at stretch position and return to start position. Repeat motion raising level of arms each time until arms are up in a 'Y' position. Repeat the process back down to the start position.

Sets:	
Reps:	6x
Weight:	
Hold:	4-6 sec
Rest:	
2 x/day	

Notes:

- 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 'Apleys' - Towel

Holding a towel or stick in one hand, reach that hand behind the head and place it down the back. With the opposite hand behind the lower back, grasp other end of towel and try to walk hands together. Hold where comfortable and breath.

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

Notes:

Use your golf club behind your back.

- 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



Standing Chest / Pec Release

Standing, place hands on low back. Breath in and raise sternum up while bringing elbows toward each other behind body. Hold, exhale, feeling a release in the front of the chest and shoulders. Return to start position. Repeat.

Sets:	
Reps:	3x
Weight:	
Hold:	10 sec
Rest:	

- 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

Notes:



'Blown Palm' - Standing

Standing tall, place both hands straight up over head with palms together. Breath in and bend straight sideways. Hold, breath and return to upright. Repeat, bending to the opposite side.

Sets:	
Reps:	6x
Weight:	
Hold:	10 sec
Rest:	

- 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

Notes:



Hip Flexors / High Lunge

Standing feet shoulder width apart and toes pointed forward. Step one foot forward into a lunge position staying up on the toe of the back foot. Keeping upper body upright and pelvis square, attempt to straighten the back knee to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 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

Notes:



Standing Adductor

Standing, toes pointed forward, step out sideways into a side lunge position. Turn lead foot 90° to point out sideways. Bend knee and lower body to feel a stretch in the groin.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 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

Notes:



Notes:

Gastrocs - Step

Standing tall with ball of foot on edge of stair or block.
Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 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



Notes:

TFL - Standing

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support).
Cross foot furthest from wall over in front of opposite foot.
Bend the knee of the leg that is in front, and keep the back leg straight.
Lean hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 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



Notes:

Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint).
Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh.
Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 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



Notes:

Erector Spinae - Standing Rot.

Standing tall about 2 feet from a wall with back to the wall.
Rotate upper body around and try to place hands on wall behind.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 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