Your physical therapist or doctor recommends the following personalized exercise program for you. Please follow your therapist’s instructions on how often to hold or repeat each one. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

**Shoulder Stabilization Exercises**

**Wall Push Up Plus**

Stand facing a wall. Start by placing your hands on the wall just below your shoulders and lean slightly into the wall. Push your chest away from the wall and hold for 5 to 10 seconds. Return to start position.

FREQUENCY ___________________

**Standing Lower Trap: Elbows Level as Your Shoulders**

Stand facing a wall. Place your little fingers on the wall with your elbows slightly bent. Gently squeeze your shoulder blades together and down as you lift your arms away from the wall. Hold this position for 5 to 10 seconds. Return to the start position.

FREQUENCY ___________________

**Standing Lower Trap**

Stand facing a wall. Place your little fingers on the wall with your elbows straight. Gently squeeze your shoulder blades together and down as you lift your arms away from the wall. Hold this position for 5 to 10 seconds. Return to the start position.

FREQUENCY ___________________
Push Up Plus on All 4s
Start on your hands and knees. Keep your arms straight as you drop your chest toward the floor, allowing your shoulder blades to come together. Push your chest away from the floor, spreading your shoulder blades apart. Hold this position for 5 to 10 seconds; work up to 30 seconds as able.

FREQUENCY ________________

Prone “Letter I”
Lie with a pillow under your stomach and a small towel roll under your forehead. Start with your arms at your sides. Squeeze your shoulder blades together as you lift your arms and reach toward your heels. Hold this position for 5 to 10 seconds; work up to 30 seconds as able.

FREQUENCY ________________

Prone “Letter T”
Lie with a pillow under your stomach and a small towel roll under your forehead. Start with your arms out to your sides with your thumbs facing up. Squeeze your shoulder blades together as you lift your arms. Hold this position for 2 to 3 seconds and repeat.

FREQUENCY ________________

Prone “Letter Y”
Lie with a pillow under your stomach and a small towel roll under your forehead. Start with your arms out to your sides with your thumbs facing up. Squeeze your shoulder blades together as you lift your arms. Hold this position for 2 to 3 seconds and repeat.

FREQUENCY ________________