



CHIROMOVEMENT MUSCLE AND JOINT CLINIC

SHOULDER WARM-UP

Use these exercises to help maintain health in the shoulder and the shoulder complex.

This warm-up includes movements that can create a pinch or pain if the shoulder is not healthy. Please pay attention that these movements should not hurt.

If any of these do cause any symptoms or pinching of any kind: **STOP IMMEDIATELY.** Reach out to your local clinician.

These exercises may be done in any order and do not need to be done all together.



SHOULDER

CLICK ON EACH EXERCISE FOR VIDEO
DEMONSTRATING EACH MOVEMENT

THORACIC PULL THROUGHS

Add in 10 to 20 of these before any shoulder or upper body lifting day.

THE SLEEPER STRETCH

Add in 10 per side. This pairs well with the posterior capsule stretch.

POSTERIOR CAPSULE STRETCH

Add in 8 to 10 of these on both sides. This should not be painful, please stop if it is.

SERRATUS ANTERIOR WARM UP

Do these without weight at first. Get the movement down then slowing make them weighted.

BANDED AC JOINT MOBILIZATIONS

Start with a light band. Don't overdo these. Remember shoulder movements overhead in front and from the side.

SHOULDER BLADE CARs

These are great to have in your movement library for the shoulder. These tie well together with the banded AC mobs. One rep is forward and back. Do 3 reps of these on both sides.



ChiroMovement strongly recommends that you consult your physician before participating in an exercise regime to ensure good standing and ability to safely complete exercises.

These exercises and videos are not meant for the purposes of diagnosing, examining or treating medical conditions of any kind, or in determining the effect of any specific exercise on any medical condition. You should understand that when participating in any exercise, there is the possibility of physical injury. If pain or injury occurs you should consult your physician.

If you engage in shown exercises, you agree that you do so at your own risk and by voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ChiroMovement from any and all claims or causes of action, known or unknown.