



Infraspinatus TPR Lax ball

1. Place the lax ball on the back of the shoulder (just below the scapular spine).
2. Lay on your side/back such that the lax ball pushes into the posterior shoulder. Place that arm straight in front as shown.
3. Hold on that point.

Do both sides.

Repeat 1 Time

Hold 1 Minute

Perform 1 Times a Day



Lat/Subscap Lacrosse Ball Release

1. Place a lacrosse ball/tennis ball as shown above.
2. Lay on that side and move back and forth until you find the "sore spot." Hold on that point for 30-90 seconds until you feel the full release.

Do both sides.

Repeat 1 Time

Perform 1 Times a Day



Upper Trap release lacrosse ball

1. Place the lacrosse ball as shown in the picture.
2. Lay on your back with your arms down by your side.
3. Raise the arm on the side the lacrosse ball above your head and hold for 10 seconds.
4. Lower the arm back at your side.
5. Repeat for 1-2 minutes.

Do both sides.

Repeat 1 Time

Hold 2 Minutes

Complete 1 Set

Perform 1 Times a Day



Tspine lacrosse ball release

Using a lacrosse ball adjacent to the spine (position as shown above), roll out any soreness against a wall. Used only mild pressure and be sure to not roll on the spine.

Go the length of the back of the ribcage & do both sides.

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



psoas fascial glide (with optional knee bend)

1. Place the peanut/lax ball along the psoas just above the bikini line (in the lower abdomen. It should sit halfway between the hip and the belly button.
2. Lay on your stomach and squeeze the glutes so the pelvis is flat.
3. Lift the leg that the peanut is on straight behind and up. Hold for 3-5 seconds.
If more stretch is needed, then bend that knee (while holding the knee up) until a stretch is felt in the quad.
4. Lift and lower 10 times.

Do both sides.



Glute med lacrosse ball release

1. Place a lacrosse ball as shown in image 1.
2. Sit on the lacrosse ball as shown in image 2. Cross the leg and roll/rest over any sore spots.

Do both sides

Repeat 1 Time
Complete 1 Set

Hold 1 Minute
Perform 1 Times a Day



Seated Belly Breathing

Begin with sitting comfortably on a yoga block, bringing the heels towards the glutes, and sitting so that your trunk is resting against your thighs. Tuck your head, and use your hands to grab onto the bottom of your feet. Relax the shoulders, and begin to breathe deeply so that the inhales are "filling"/ expanding the small of the back. Every breath should have the goal of expanding the lumbar spine, ribs, and eventually the pelvic floor.

Duration 60 Seconds

Complete 1 Set

Perform 1 Times a Day



Cat Cow

Position yourself on your hands and knees with your hands placed under your shoulders and your knees directly under your hips.

1. Slowly arch your back down by pulling your abdomen towards the floor. This occurs as you breath in.
2. Slowly round your back up towards the ceiling as you exhale. Press through the palms and really protract your scapulae.



Repeat 10 Times

Complete 1 Set

Perform 1 Times a Day

CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Focus on breathing into the ribcage of the side that you are leaning away from.

Do both sides.

Repeat 1 Time

Complete 1 Set

Hold 1 Minute

Perform 1 Times a Day

