



PHYSICAL THERAPY & PERFORMANCE

TOP 3
SHOULDER MOBILITY EXERCISES
FOR FITNESS ATHLETES

**Brought to you by the
Doctors of Physical Therapy of
Evolv Physical Therapy & Performance**

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Welcome!

Thanks for joining us as we dive into shoulder mobility for fitness athletes. We're excited that you have trusted us and have decided to check out more about how you can continue to stay active, healthy and thriving. Check out the content and let us know what else we can do to help you. And as always, remember to...

Train. Recover. *Evolv.*

What to Expect...

The purpose of this ebook is to give you the Top 3 Shoulder Mobility Exercises for Fitness Athletes. These exercises are vital for full shoulder mobility and moving overhead.

We will begin by walking you through a quick self-assessment to see where you need to focus your time and energy to get the most benefit from these exercises.

From there, use these movements as tools to help you improve your shoulder mobility and get back to doing what you love at the gym!



Shoulder Mobility Self-Assessment

Seated Shoulder Flexion at Wall Pronated Grip

- Sit with your low back and butt touching the wall. Keep these in contact with the wall throughout the whole movement.
- Hold a PVC pipe, dowel or other similar object slightly wider than shoulder width with your palms facing down.
- Raise the PVC pipe overhead toward the wall behind you.



- You have adequate mobility if you can touch the wall with the backs of your hands without pain.
- If you cannot or have pain, see Page 7 for the corrective exercise...

Supine Shoulder Flexion with Weighted PVC



Seated Shoulder Flexion at Wall Supinated Grip

- Sit with your low back and butt touching the wall. Keep these in contact with the wall throughout the whole movement.
- Hold a PVC pipe, dowel or other similar object slightly wider than shoulder width with your palms facing up.
- Raise the PVC pipe overhead toward the wall behind you.



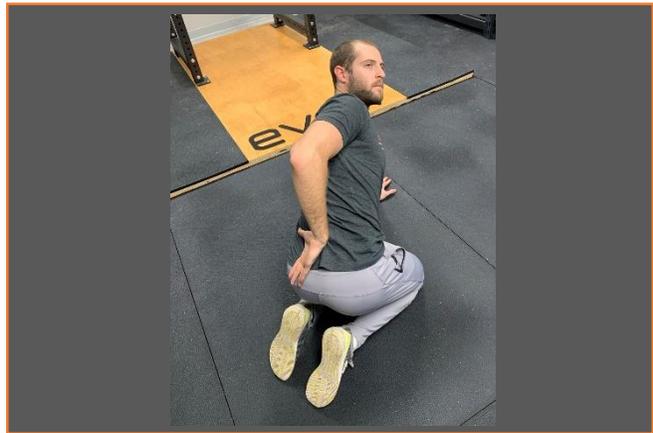
- You have adequate mobility if you can touch the wall with the palms of your hands without pain.
- If you cannot or have pain, see Page 8 for the corrective exercise...

Lat Prayer Stretch



Quadruped Thoracic Rotation

- Go on your hands and knees, then sit back onto your heels.
- Place one hand in the small of your back and then other forearm on the ground at the midline of your body.
- Twist your trunk toward the ceiling while maintaining your “sit back” position.



- You have adequate mobility if you can rotate 45 degrees toward the ceiling while maintaining your “sit back” position.
- If you cannot or have pain, see Page 9 for the corrective exercise...

Reach and Roll



Top 3 Shoulder Mobility Exercises for Fitness Athletes

Supine Shoulder Flexion with Weighted PVC

- Lay on your back, holding a PVC pipe, dowel or other similar object slightly wider than shoulder width with your palms facing down.
 - To add more load/stretch, slide a small change plate onto the PVC pipe.
- Raise your arms overhead and slowly let them fall toward the floor. Continue until you feel a comfortable stretch. Maintain this end range position for 5-10 seconds and then bring hands back to your hips.
- Complete 3 sets of 10-15 reps.



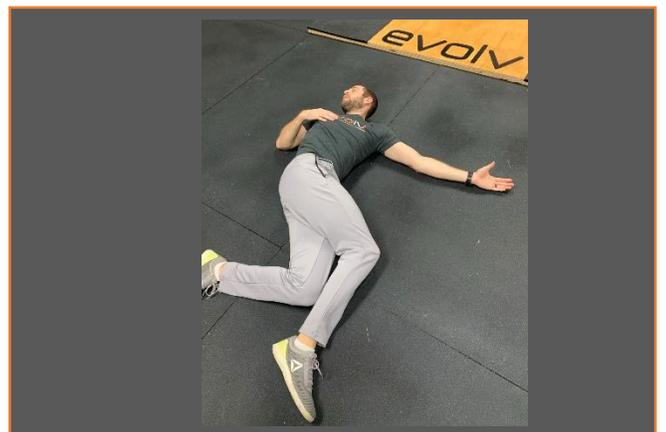
Lat Prayer Stretch

- Kneel on the floor with your elbows on a box in front of you.
- Keep your elbows on the box and sit back onto your heels. While doing so, “bow” your chest down toward the floor.
- Feel the stretch in your lat muscles, likely from your armpit through the outside of your ribs and into your back.
- Maintain this position for 15-30 seconds and then bring your chest back up so you are kneeling tall again.
- Repeat the movement and stretch for 3 sets of 5-10 reps.



Reach and Roll

- Lay on your side with your bottom arm out in front of you, resting on the floor.
- **REACH** your top arm out toward your bottom arm, reaching beyond the fingertips of your bottom hand.
- Slide your top arm back toward your body along your bottom arm until you get to your chest.
- Keep your lower body still and **ROLL** your upper body and squeeze your shoulder blade toward the floor behind you.
- Maintain the **REACH** position and **ROLL** position for 3-5 seconds each rep.
- Complete 3 sets of 5-10 reps.



Want More?

We can help with that. We love working with people that want more!

We offer lots of ways to help you achieve more...

- **Contact us to setup your Fitness Athlete Shoulder Evaluation**
 - **Evolv Physical Therapy & Performance Clinic - Grafton**
 - **Dr. Matt Paluchniak..... (262) 235-3585**
 - **matt@evolv-pt.com**
 - **BrewCity CrossFit – Milwaukee**
 - **Dr. Erik Gregersen (314) 283-4459**
 - **erik@evolv-pt.com**
 - **www.evolv-pt.com**
- **Attend one of our workshops at our Grafton clinic or a gym near you**
- **Contact us about other issues that you are having with your workouts or at the gym so that we can help get you back to doing what you love without nagging injuries or worries**
- **Follow us on social media using the icon links at the bottom of each page for frequent content, updates and more!**
- **And as always, remember to...**

Train. Recover. *Evolv.*

