



**Endurance Chiropractic  
& Sports Therapy**  
Live Active

## ***Foundations for a Solid Upper Extremity***

### **Mobility work:**

1. LAX ball basics: Pecs, Lats, Rotator cuff, Thoracic spine (utilize the pin and stretch where appropriate)
2. Banded stretches 15s holds pre-workout, 1 min post workout
  - a. Lat and shoulder flexion
  - b. Pelvis/hips (tight hips stop proper chest position, hurting OH)
    - i. Hip flexor w/ arm raise and lateral bend
    - ii. Pigeon
    - iii. Groin/Frog
3. Heel rocks w/ arm raises
4. Pass-throughs (Fwd and Rev), Around the world, seated wall touches

### **Strengthening: (10-15 reps of each)**

1. Core strength cannot be understated (2-3x/wk, see 6 pack and back pain article, <http://endurancechiro.com/injury-prevention.html> )
  - a. If the core is unstable, the shoulder will not be freely mobile.
2. Shoulder bands (W holds, adduction, Sword)
3. Turkish Get-up (use a weight that you CANNOT do wrong)
4. SOTS press (Can use small KB/DB, weight you CANNOT do wrong)
5. Banded Overhead Squat

For questions and evaluation of injuries or further rehab plans, contact our office at: **806-319-7441**

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