



**Corrective Exercise Training**  
**Shoulder Impairment:**  
**Arms Fall Forward**

**NAME:**

**DATE:**

**TRAINER:**

**DAYS/WEEK: 3**

<b>INHIBIT: SMR</b>	<b>Sets</b>	<b>Duration</b>	<b>Note</b>
1. Bilateral Quadriceps/TFL	1-2	30-90 sec.	
2. Bilateral Pectoralis Major/Minor*	1-2	30-90 sec.	*Use softball
3. Bilateral Lat/Posterior Rotator Cuff	1-2	30-90 sec.	
4. Thoracic Spine	1-2	30-90 sec.	

<b>LENGTHEN: Static Stretching</b>	<b>Sets</b>	<b>Duration</b>	<b>Notes</b>
1. Bilateral Levator Scapula	1-2	30-60 sec.	
2. Bilateral Posterior Capsule (Sleeper Stretch)	1-2	30-60 sec.	
3. Bilateral Latissimus Dorsi	1-2	30-60 sec.	
4. Bilateral Doorway Pectoralis	1-2	30-60 sec.	Pec Major/Minor/Subscapularis
5. Bilateral Kneeling Hip Flexor	1-2	30-60 sec.	Rectus Femoris/TFL/Psoas

<b>ACTIVATE: Isolated Strengthening</b>	<b>Sets</b>	<b>Reps</b>	<b>Tempo</b>	<b>Rest</b>	<b>Notes</b>
1. Stability Ball Bridge	1-2	12	4/2/2		
2. Side-Lying DB Shoulder External Rotation	1-2	12*	4/2/2		*12 Reps each side
3. Ball Prone Cobra	1-2	12	4/2/2		
4. Ball Prone Reach, Roll, and Lift (I's)	1-2	12	2 sec hold*		*End ROM

<b>INTEGRATE: Dynamic Movement</b>	<b>Sets</b>	<b>Reps</b>	<b>Tempo</b>	<b>Rest</b>	<b>Notes</b>
1. Prone Iso Abs/Plank (on knees)	1-3	12	Slow		
2. Side Iso Abs/Plank (on knees)	1-3	12*	Slow		*6 Reps each side
3. Single-Leg Balance w/ Leg Reach	1-3	12*	Slow		*6 Reps each side
4. Stability Ball DB Chest Press	1-3	12	Slow		
5. Ball Prone Horiz. Abduction (short lever)	1-3	12	2 sec. hold*		*End ROM
6. Cable or Tubing Squat to Row	1-3	12	Slow		