

Exercise Prescription: Posterior Shoulder

Purpose of Exercise:

This is a foam rolling technique to help reduce muscle tone and desensitize tender muscles in the shoulder and upper back.

Starting Position:

Start by lying on your side resting the muscles behind your armpit on the roller. Stabilize yourself using your opposite arm and leg. Allow yourself to sink into the roller until a desired pressure is reached.

Exercise Description:

Option 1: Starting with your lower arm overhead, roll yourself back and forth across the muscles along the back of the shoulder and armpit.

Option 2: While maintaining pressure along the back of the armpit, bring your lower arm from above your head to in front of you, repeating as tolerated.

Pictures:



