



MVMT

Performance Physical Therapy
& Sports Medicine

FREE GUIDE

Bulletproof Your Shoulders

Our Top 6 Exercises With
Easy-To-Follow Sets and Reps



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A Note From The Autor

The shoulder is a complex joint. There are a ton of factors that can play a role in shoulder pain and if you neglect one, you're increasing your risk of injury. At MVMT Performance & Rehabilitation we pride ourselves on being different. We view your body as a unit rather than just focusing on the area of pain. We don't just treat your symptoms...we treat the cause of your pain.

We've helped numerous people recover from shoulder pain, from CrossFit and baseball athletes, to parents wanting to throw the ball with their kids.

We've taken what we learned from those real-life cases and created our top 6 exercises to help you bulletproof your shoulders.

Enjoy!

MVMT Performance & Rehab Team

How To Use This Guide

This guide is a pyramid, meaning it builds. We start by having you look at your shoulder mobility and then progressively advancing through the different exercises. The last exercise encompasses everything that is discussed throughout this guide.

Everyone has their own starting point, so be sure to work within your current range of motion and strength. While we tried to give variations along with set and rep recommendations, it is not specific to you. Therefore, if you find them to be too advanced, that is perfectly fine! It is much more important to have a solid base and perfect the form then build faulty movements and firing patterns.

On the other hand, if they are all too easy, good on ya! But we feel that if done properly, everyone will find something that needs to be improved!

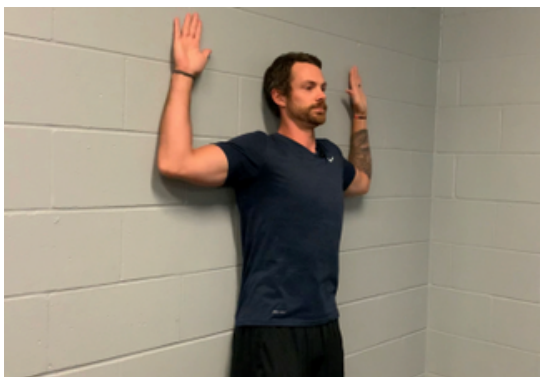
Less reps with perfect form >> more reps and bad habits!

Exercise #1: OH Wall Press

Do you have full shoulder mobility? Let's look. With the arms in a 90/90 position, this exercise focuses on maintaining external rotation and flexion while moving overhead. It is a difficult exercise for many. If you struggle with this standing, a good variation is to lie on your back with knees bent and feet flat. This will eliminate gravity and allow us to use it as a helpful friend.

Complete this daily as a warm-up or a mobility exercise. Start with 8 reps and try to build to 12. Consistency is key and we know if you complete it daily, you will see improvement!

OH Wall Press



Exercise #2: Thoracic Rotation

Shoulder health starts with the mid-back (thoracic spine). It plays a huge role in keeping not only the shoulders working properly, but the lumbar spine (low back) as well. If you have limited thoracic mobility, you'll be unable to achieve full shoulder mobility.

Many people complete this exercise incorrectly, so be sure to watch the video listening for proper cues. Start at the top of your shoulder blades, moving down your thoracic spine, scanning for areas of tenderness.

Once found, remain on that spot for 10-15 breaths, falling into the foam roller on the exhale. Be sure to always follow this up with a mobility exercise!

Thoracic Rotation



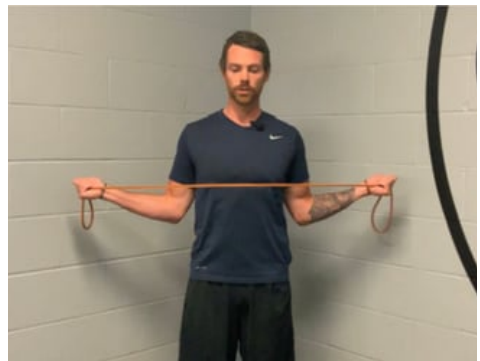
Exercise #3: No Moneyz

We can't talk about bulletproofing your shoulders without addressing the scapular stabilizers and rotator cuff. Both work to provide stability to the shoulder and should always be included as part of a warm-up and strengthening program.

With this exercise, be s urge to follow the proper firing pattern, first squeezing the shoulder blades together and then externally rotating the shoulders, keeping the eblows tucked close to your side.

As a warm-up, complete 2-3 sets of 8-10 reps. Start with an easier resistance band to ensure proper form and increase as your strength improves.

Banded No Moneyz



Exercise #4: SB T's and Y's

Stability ball T's and Y's are a staple in our warm-ups as well as shoulder rehab. The upper trap muscle is very familiar to athletes and the active population. It is often overused, therefore overpowers the mid- and lower-trap muscles. They latter are essential to overall shoulder health, strength, and scapular control.

Don't let this exercise fool you. It is difficult and form is everything! Always squeeze the shoulder blades and have your thumbs up. Once it becomes easier, add dumbbells or plates!

We like to complete higher reps with this exercise. Start with 2-3 sets of 8, but overtime work to complete 12 to 15 perfect reps!

SB T's and Y's



Exercise #5: Banded Z-Press

In a long-seated position, the Banded Z-Press is not only great for overhead strengthening, but it forces you to remain upright through your thoracic spine.

This can be used as a follow-up to thoracic mobility or as a stand-alone strengthening exercise.

It is an advanced exercise, so start slow, focusing on form. Start with a light resistance band, working in the 8-rep ranges for 2 sets. As it becomes easier, you can increase the band resistance or add dumbbells!

Banded Z-Press



Exercise #6: Swimmer Band Exchange

To quote Keith Jackson, the swimmer band exchange is “The granddaddy of them all.” This exercise requires thoracic mobility, upper-, mid-, and lower trap strength, shoulder motion in flexion, extension, and rotation, along with back strength (particularly your big lat muscle).

This video explains proper form, so be sure to listen closely. Initially, if this is too difficult, focus on proper engagement of the muscles and achieving full shoulder motion.

Overtime it will become easier. Start with 2 sets of 3-5 reps clockwise, then counterclockwise. As it becomes easier and you have perfect form, increase to 10-12 reps.

Banded Z-Press



Conclusion

There it is! Our top six exercises to bulletproof your shoulders. Some of these exercises are more advanced, so always start with what you are comfortable with. Form is key; it's more important than weight or reps. Focus on achieving perfect form before progressing.

This information is beneficial, but it cannot replace working with a healthcare professional that will individualize your plan of care to you.

If you are dealing with shoulder pain, injury, or just want to improve your performance, we'd love to talk! We offer a FREE 20-minute phone consultation where we start the process of pain free living! We want to help you. Let's schedule a free phone consultation!

Stay Healthy,
MVMT Performance & Rehabilitation

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