

Provided by : Katie Foster

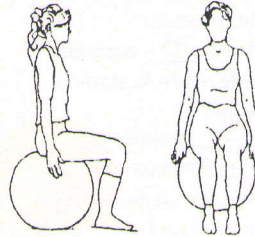
swim shoulder, ss  
Date : 24/04/2012



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Posture - Neutral

Neutral (Good) posture involves standing with the head squarely over the shoulders, shoulders back and a slight inward curve in the low back.

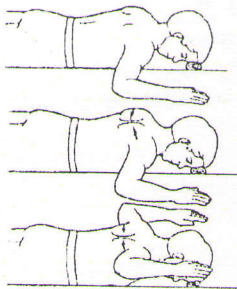


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SUGGESTED SITTING POSITION: OPTIMAL POSTURE

Sit up as straight as possible, in the center of the ball, with hips, knees and ankles bent at 90 degree angles.

Legs are parallel at hips' width apart (avoid pressing rib cage forward and arching lower back). Place feet flat on the floor in proper alignment (avoid pronation or supination). Knees should be directly over the ankles. In this position, ankles, knees and hips are centered. Feel the body weight drop into the ball. Relax the shoulders and let arms hang at sides. Shoulders should be directly over hips and ears should be in line with shoulders (look in mirror).



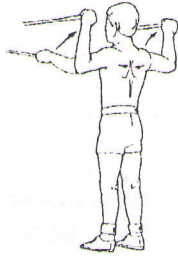
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1. Lie on belly with arms at 90 degrees out to side
2. Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold 5 seconds and slowly lower
5. 15 repetitions, 2 times per day



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1. Lie on belly with arms overhead as shown
2. Pinch shoulder blades together
3. Raise arms 1-3 inches off floor
3. Hold 5 seconds
4. 15 repetitions, 2 times per day



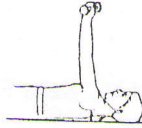
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1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in both hands
3. To begin, keep the arms elevated, elbows bent and shoulder blades pinched back as shown
4. Rotate arms upward from the starting position (see diagram)
5. Hold 5 seconds, slowly return to starting position
6. 15 repetitions, 2 times per day



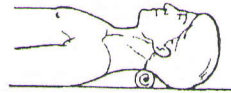
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1. Hold 2 lb weight in R/L hand
2. Lie on back with arm pointed upward as shown
3. Raise shoulder off floor as you push fist toward ceiling
4. Hold 5 seconds
5. 15 repetitions, 2 times per day



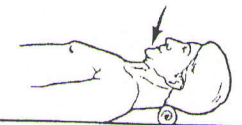
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1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in      hand
3. To begin, keep the arm elevated with the elbow bent as shown
4. Rotate arm downward from the starting position (see diagram)
5. Hold      seconds slowly return to starting position
6.      repetitions,      times per day



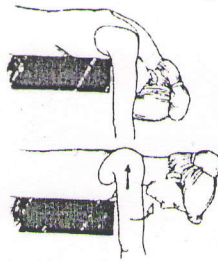
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1. Lie on back with 2-3 inch towel roll at base of skull
2. Tuck chin so that you feel a stretch in the back of your neck and the base of your skull
3. Hold 5 seconds
4. 12 repetitions, 2 times per day



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1. Lie on your back
2. Tuck your chin in, flattening neck against floor
3. Hold 5 seconds
4. 15 repetitions, 2 times per day



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1. Lie on bench with head, shoulders and arms over edge as shown
2. Begin with neck relaxed as shown
3. Keeping chin tucked, raise head and shoulders until they are in line with your trunk
4. Hold 5 seconds, slowly relax
5. 15 repetitions, 2 times per day