

TOP 5 EXERCISES TO CONQUER YOUR SHOULDERS



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SHOULDER PAIN ENDS HERE!

WELCOME TO CONQUER MOVEMENT'S TOP 5 EXERCISES TO HELP YOU CONQUER YOUR SHOULDER PAIN. THIS LIST INCLUDES THE MOST ESSENTIAL MOVEMENTS AND MOBILITY REQUIRED TO OPTIMALLY EXERCISE AND STAY ACTIVE WHILE AVOIDING SHOULDER PAIN. THROUGH THE USE OF CLINICAL EVIDENCE, REAL LIFE EXPERIENCE, AND CLIENT TESTED METHODS, WE HAVE GATHERED ALL OF THE INFORMATION FOR YOU TO IMPROVE YOUR CHANCES OF LONG TERM SHOULDER HEALTH, PAIN FREE. THE HARD PART HAS BEEN DONE FOR YOU, NOW IT'S UP TO YOU TO GET TO WORK!

LET US KNOW IF YOU HAVE ANY QUESTIONS ABOUT THE EXERCISES BY EMAILING US AT INFO@CONQUERMovementPT.COM



HOW TO USE:

HOW OFTEN SHOULD THEY BE DONE?

THESE EXERCISES SHOULD BE DONE EVERY DAY OR EVERY OTHER DAY.

WHEN TO DO THEM?

THEY ARE GREAT TO DO BEFORE A WORKOUT TO LOOSEN EVERYTHING UP OR THEY CAN BE DONE FIRST THING IN THE MORNING TO START OFF YOUR DAY.

WHAT IF IT HURTS WHEN I DO ONE OF THE EXERCISES?

IT IS OKAY TO WORK INTO LOW LEVELS OF PAIN OR DISCOMFORT. HERE ARE SOME GUIDELINES ON WHEN TO STOP THE EXERCISE:

- STOP IF THE PAIN EXCEEDS A 3/10 ON A PAIN SCALE
- STOP IF THE PAIN GETS WORSE AS YOU DO MORE REPS
- STOP IF YOU HAVE ANY NERVE/ SHARP PAINS

1: PRONE T'S



(CLICK THE PICTURE TO PLAY)

T'S PACK A PUNCH AND STRENGTHEN THE OVERHEAD POSITION, UPPER/MIDDLE BACK, AND ROTATOR CUFF MUSCLES.

START EACH REP BY SQUEEZING YOUR SHOULDER BLADES TOGETHER, AND WHILE KEEPING YOUR ELBOWS STRAIGHT, LIFT YOUR ARMS OFF THE GROUND IN THE "T" POSITION. START OFF DOING ONE ARM AT A TIME, ONCE THIS FEELS EASY YOU CAN LIFT BOTH ARMS SIMULTANEOUSLY.

CHALLENGE YOURSELF BY ADDING DUMBBELLS OR PLATES, BUT DO NOT UNDERESTIMATE THESE!

WORK UP TO 3 SETS OF 5 OF EACH MOVEMENT.

2: PRONE Y'S



(CLICK THE PICTURE TO PLAY)

Y'S, MUCH SIMILAR TO T'S, STRENGTHEN THE OVERHEAD POSITION, UPPER/MIDDLE BACK, AND ROTATOR CUFF MUSCLES. TOGETHER THE MUSCLES THAT WORK DURING T'S AND Y'S HELP PROVIDE BETTER CONTROL OF THE SHOULDER BLADE DURING THE OVERHEAD POSITION AND CAN TAKE OFF STRESS ON THE ROTATOR CUFF.

START EACH REP BY PULLING YOUR SHOULDER BLADES DOWN AND BACK AS IF YOU'RE PUTTING IT INTO YOUR BACK POCKET AND WHILE KEEPING YOUR ELBOWS STRAIGHT, LIFT YOUR ARMS OFF THE GROUND IN THE "Y" POSITION. START OFF DOING ONE ARM AT A TIME, ONCE THIS FEELS EASY YOU CAN LIFT BOTH ARMS SIMULTANEOUSLY.

CHALLENGE YOURSELF BY ADDING DUMBBELLS OR PLATES, BUT DO NOT UNDERESTIMATE THESE!

WORK UP TO 3 SETS OF 5 OF EACH MOVEMENT.

3: BANDED ROTATOR CUFF SERIES



(CLICK THE PICTURE TO PLAY)

IF YOU'RE DEALING WITH SHOULDER PAIN, STRENGTHENING YOUR ROTATOR CUFF IS ESSENTIAL.

WE LIKE TO START WITH THIS BASIC BANDED EXERCISE AS A FOUNDATION BEFORE WE PROGRESS TO MORE CHALLENGING AND DYNAMIC EXERCISES.

ONCE YOU FEEL CONFIDENT WITH THE ROTATION BY YOUR SIDE, PROGRESS TO PRESSING OVERHEAD.

WORK UP TO 2 SETS TO FATIGUE FOR EACH EXERCISE.

4: WALL ANGELS

Elbow level
with shoulders.
Rotate arms
back until
wrist & hand
against the wall.



(CLICK THE PICTURE TO PLAY)

DO YOU HAVE FULL SHOULDER MOBILITY? TRY THIS EXERCISE TO FIND OUT!

STAND WITH YOUR BACK AGAINST THE WALL OR YOU CAN LIE ON THE FLOOR WITH YOUR ARMS AT THE 90/90 POSITION. WHILE KEEPING YOUR WRISTS AND ELBOWS IN CONTACT WITH THE WALL/FLOOR, RAISE YOUR ARMS UP OVERHEAD.

THIS ONE IS DIFFICULT FOR MOST PEOPLE IT'S A GREAT EXERCISE TO ACTIVELY IMPROVE YOUR SHOULDER FLEXION AND EXTERNAL ROTATION- ESPECIALLY IMPORTANT FOR OVERHEAD ATHLETES.

ADD A SET OF 8-10 IN YOUR DAILY WARM-UP AND WATCH YOUR PROGRESS!

5: LAT PULLDOWN



(CLICK THE PICTURE TO PLAY)

ENGAGE THOSE SHOULDERS AND STRENGTHEN IN ALL RANGES OF MOTION. THIS IS GREAT FOR SHOULDER STABILITY!

THIS IS HUGE FOR OVERHEAD ATHLETES.

KEEP YOUR ARMS STRAIGHT, SEND YOUR SHOULDER DOWN AND BACK AND PULL YOUR UPPER ARM TOWARD YOUR TORSO TO ENGAGE THE LATS!

START WITH A SET OF 8-10 ON EACH ARM AND WORK UP TO 2-3 SETS!

IN PAIN NOW?

THESE ARE THE BARE ESSENTIALS OF KEEPING YOUR SHOULDERS HEALTHY, MOBILE, AND STRONG. IF YOU FEEL CHALLENGED IN THESE EXERCISES, DEDICATE SOME TIME TO WORK ON THEM CONSISTENTLY AND IMPROVE YOUR SHOULDER HEALTH.

IF YOU ARE IN PAIN NOW OR HAVE BEEN STRUGGLING WITH AGHES AND PAIN FOR MONTHS OR EVEN YEARS, DON'T WAIT FOR THEM TO TURN INTO LONG TERM DISABILITIES.

IF YOU HAVE MORE QUESTIONS ABOUT IMPROVING YOUR SHOULDER HEALTH AND GETTING OUT OF PAIN NOW, REACH OUT TO US AND SPEAK TO AN EXPERT.

[CLICK HERE TO SCHEDULE YOUR FREE DISCOVERY CALL](#)

HERE AT CONQUER MOVEMENT WE OFFER A **FREE** DISCOVERY CALL TO DETERMINE IF WE'RE A GOOD FIT FOR YOUR NEEDS.

