

Shoulder Blade (Scapular) Strengthening

- Stand and pull shoulders back and down as far as you can. Hold for two seconds. Repeat 15 times, five to eight times a day.
- Stand with arms by your sides. Lift arms to shoulder height with thumbs pointed behind you. Move your arms back while squeezing your shoulder blades back and down. Hold for two seconds. Repeat 15 times, five to eight times a day.

Rotator Cuff Strengthening

- Stand with arms at your side. Bend your elbows 90 degrees, and keep them against your body. Turn your arms away from your body. Hold for two seconds. Repeat 10-15 times on each side for two to three sets.
- Stand with arms at your side. Bend your elbows 90 degrees, and keep them against your body. Pull your arms towards your body. Hold for two seconds. Repeat 10-15 times on each side for two to three sets.
- Stand with arms at shoulder height. Bend your elbows 90 degrees with your arms and hands pointed to the ceiling. Rotate your arms towards the floor. Hold for two seconds. Repeat 10-15 times on each side for two to three sets.
- Stand with arms at shoulder height. Bend your elbows 90 degrees with your arms and hands pointing forward. Pull your arms back. Hold for two seconds. Repeat 10-15 times on each side for two to three sets.



At Olmsted Medical Center

Olmsted Medical Center's Sports Medicine & Athletic Performance department offers many programs to teach and refine your skills. To sign up for a program or talk with our throwing specialist, call 507.535.1977.

- Throwing Evaluation Program
- Group Overhead Programs
- Summer Strength, Agility, and Quickness (SAQ) Programs
- Personal Training Program