

Stretching program



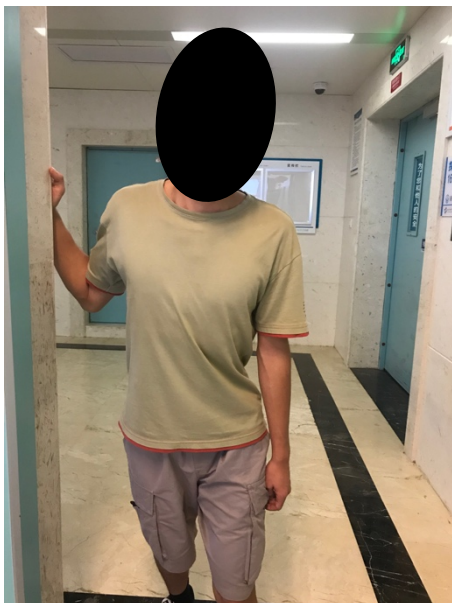
Crossover arm stretch

Hold for 30s, and 4-5 reps in total



Sleeper stretch

Hold for 30s, and 4-5 reps in total



Anterior shoulder stretch

Hold for 30s, and 4-5 reps in total

Posture adjustment



Scapular retraction

Hold for 10-15s, 10 reps and 2 sets with load from 0 to 3kg.



Scapular shrug

Hold for 10-15s, 15 reps and 2 sets with load from 0.5 to 2kg.

Strengthening exercise



Bilateral external rotation

Hold for 10-15s, 10-15 reps and 3 sets.