

Standing Overhead Reach



Begin this exercise by using your un-involved arm to lift your involved arm over your head. Release your involved arm and try to lower it back down easily. Once you can perform this 20 times easily and under good control you may raise the involved arm on its own without the assistance from the other arm. As you get stronger and 15 reps becomes easy then you may increase the resistance by adding one pound weights in the involved extremity. Make sure that you “set your shoulder blades” first. This means pinching your shoulder blades together and holding them in that position while you perform the exercise.

A variation of this exercise is performing the Wall Slide into Scaption and then stepping back away from the wall and actively lowering the arm from the elevated position. This accomplishes both stretching and eccentric strengthening.