



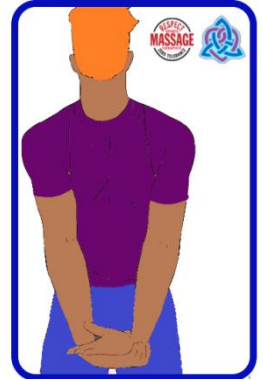
Therapi Tylineo Lockdown Exercises



Deltoids Stretches

Working out for Anterior Deltoids

1. **Behind-the-back stretches** to open up the front of your shoulder.
 - a. Standing upright while doing this stretch with your feet shoulder-width apart.
 - b. Clasp your hands behind your lower back,
If you have difficulty clasping your hands behind your back, hold a towel between your hands.
 - c. Raise your hands away from your body, keeping your elbows straight.
Lift until you feel a stretch, then hold the stretch for a count of 15. Do this stretch a total of 2 or 3 times



2. **Stretch your anterior deltoids in the doorway.**
 - a. Standing in a doorway with your feet shoulder-width apart.
You can also use a wall rather than a doorway.
 - b. Place the hand of the arm with the pain on the doorway slightly lower than your shoulder,
 - c. Bending your elbow slightly.
 - d. Turn your body away from your extended arm until you feel a stretch.
 - e. Hold the stretch for a count of 15, then repeat on the other side.
 - f. Do this stretch a total of 2 or 3 times





Therapi Tylineo Lockdown Exercises



Working out for Lateral Deltoids

1. Start with the basic side deltoid stretch

- Standing with your feet about shoulder-width apart
- Position the arm with the pain across your chest with your elbow slightly bent.
- Bend the other arm trapping the arm that is across chest and push your elbow towards your chest.
- Hold the stretch for a count of 15, then repeat with the other arm.



Only push gently until you feel a stretch. Keep your shoulders relaxed.

2. Move your arm in a pendulum motion to stretch your deltoids.

- Stand with your feet shoulder-width apart, next to a countertop or table.
- Lean forward, supporting yourself on the countertop or table, lower the other arm like a pendulum.
- Slowly rotate your arm clockwise and anti-clockwise, keeping your body still. Repeat moving your arm side to side, then in a circular motion..



- Perform 2 sets of 10 repetitions of this exercise on each side.
- Keep your back flat and your shoulders back with a soft bend in your knees.

3. Place your arm around your back to stretch anterior and lateral deltoids.

- Stand with your feet shoulder-width apart.
- Place one arm behind your back and bend your elbow to 90 degrees. Then repeat with your opposite arm and hold the elbow.
- Pull your arm across your back towards the opposite shoulder until you feel a stretch.
Keep your shoulders relaxed
Breathe deeply as you hold the stretch



- Hold the stretch for a count of 15, then repeat with the other side.
- Complete the stretch 3 times on each side,.



Therapi Tyline Lockdown Exercises



Working out for Posterior I Deltoids

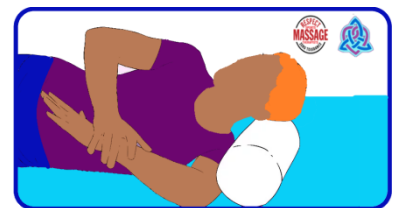
1. Start with crossover arm stretches.

- a. Relax your shoulders,
 - b. Pull your shoulders back.
 - c. Reach one arm across your body and grip it at the upper arm with your other hand.
 - d. Pull it as far across your chest as possible until you feel a stretch at the back of your shoulder.
 - e. Hold for a count of 15, then relax for a count of 15.
 - f. Repeat the stretch with the other arm.
- Aim to do 4 repetitions on each side for this exercise.
 - Be sure to grab your upper arm, above your elbow. Don't push against or put any pressure on your elbow.



2. the sleeper stretch to activate supporting muscles.

- a. Lying on your side with your lower arm bent at a 90-degree angle so that your forearm is vertical to your body.
 - b. Use the other hand to push your arm down until you feel a stretch.
- Hold the stretch for a count of 15, breathing deeply, then relax your arm for a count of 15. Repeat with the other side. 3 repetitions, on both sides.



Warning: Take care not to bend your wrist or press down on your wrist while doing this stretch.