

Mobility for Shoulder

Welcome to the Eleiko Mobility for Shoulder programming. Mobility is essential for optimal performance and injury prevention. Eleiko uses multiple applications to address tissues and motions to produce optimal mobility. These programs will use foam rolling, muscle activation techniques®, fascial mobilisers™, and dynamic mobility drills. These programs provide various suggestions for shoulder mobility, but they are only suggestions. A full assessment process is as seen in the Eleiko Readiness and Recovery Training course is the only way to truly determine the right exercises to use. Done correctly, these programs should take less than 12 minutes.

Mobility for Shoulder 1	
Exercise	Tips
Foam Rolling	
Traps	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Mid-Back – Vertical	<ul style="list-style-type: none"> Roll for 10-15 sec, then shift area for 5 sec
Shoulder Blades	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Muscle Activation	
Shoulder Horizontal Abduction	<ul style="list-style-type: none"> Move the shoulder into its end range position. Hold arm in full horizontal abduction to perform the isometric at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Shoulder Flexion	<ul style="list-style-type: none"> Move the shoulder into its end range position. In PRONE position, hold arm in flexion and perform the isometric at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Mobilisers	
Bench Extension-Flexion	<ul style="list-style-type: none"> Assume a plank position with hands on a bench/object. Slowly, as if in water and trying to not make waves, allow hips to sink forward to the point where you just start to feel some tension (NOT as far as you think you can go!). Without stopping or changing your speed, reverse the motion moving your hips backward to the point of first tissue tension. Perform 5-8 reps, or about 30 seconds
Dynamic	
1-Leg RDL w/ Y-T Reach	<ul style="list-style-type: none"> From standing position, place most of your weight on one leg and slightly bend the knee Flexing (hinging) at the hip ~60-90-degrees, extend the other leg keeping it in-line with the trunk and reach arms to side and/or overhead

	<ul style="list-style-type: none"> Return to starting position and repeat for 5-8 reps on each leg
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Mobility for Shoulder 2	
Exercise	Tips
Foam Rolling	
Posterior Shoulder	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a "5" on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a "5", then shift area for 10 sec
Lateral Ribs	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Sub-Sternal Line	<ul style="list-style-type: none"> Roll for 15-30 sec, then shift side-side for 5 sec
Muscle Activation	
Shoulder Extension	<ul style="list-style-type: none"> Move the shoulder into its end range position. Hold or use a weight (DB) for added resistance and perform the isometric at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Shoulder Internal Rotation	<ul style="list-style-type: none"> Move the shoulder into its end range position. Place hand under wrist with only enough pressure to perform the isometric at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Mobilisers	
Staggered Side-Side Shift-Reach	<ul style="list-style-type: none"> From a standing position, place feet hip-shoulder width keeping toes pointing straight ahead. Slowly, as if in water and trying to not make waves, move as if sitting into a chair while reaching hands away from hips to the point where you just start to feel some tension (NOT as far as you think you can go!). Perform 3-4 reps to each side, or about 30 seconds.
Dynamic	
Prone 1-arm Prisoner Trunk Rotation	<ul style="list-style-type: none"> From standing position, squat down into a full squat and grab toe of shoe in your hands Lightly pull up on toes as if to stand, creating an isometric contraction (activation) and hold for 1-2 sec Let go of toes, raise hands overhead and return to starting position Repeat for 5-8 reps

Mobility for Shoulder 3	
Exercise	Tips
Foam Rolling	
Back of Head – Neck	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a “5”, then shift area for 10 sec
Collarbone	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a “5”, then shift area for 10 sec
Pec/Anterior Shoulder	<ul style="list-style-type: none"> Roll for 15-30 sec If tenderness is above a “5” on a scale of 1-10, hold on that spot for 10-30 sec If not tender above a “5”, then shift area for 10 sec
Muscle Activation	
Shoulder Horizontal Adduction	<ul style="list-style-type: none"> Move the hip into its end range position. Place hand at front of arm/wrist with only enough pressure to perform the isometric at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Shoulder External Rotation	<ul style="list-style-type: none"> Move the hip/knee into its end range position. Place hand under wrist with only enough pressure to perform the isometric at 10-20% for 3-6 sec x 3-6 sets. Rest approximately 5 seconds between reps.
Mobilisers	
Staggered Rotational Reach	<ul style="list-style-type: none"> From a staggered-stance position, turn both feet inward (pigeon toed). Slowly, as if in water and trying to not make waves, reach opposite hand forward and across the body to the point where you just start to feel some tension (NOT as far as you think you can go!). Then, without pausing or changing speed, rotate backward reaching hand behind you (keep elbow at your side). Perform 5-8 reps, or about 30 seconds.
Dynamic	
Prone Horiz Adduction Reach to Posterior Rotation	<ul style="list-style-type: none"> From prone quadruped position, bring 1 hand across torso behind opposite arm, then back out and up into posterior rotation Repeat for 5-8 reps on each side