



OrthoCincy Arm Care Program	
<i>Dynamic Warm Up</i>	<i>Foam Roll to Latissimus Dorsi 2'</i> <i>Lax Ball Posterior Cuff Release 2'</i> <i>Arm Swings Fw/Bw 10x</i> <i>No Money 10x</i> <i>90/90 ER/IR 10x</i>
<i>Arm Mobility</i> <i>"Static Stretch"</i> <i>30"x3 each encouraged</i> <i>breathing technique</i>	Crossbody Stretch Overhead (OH) Tricep Stretch Kitanna/Dowel Latissiumus Dorsi Stretch Forearm Flexors
<i>Spine and Lower Extremity</i> <i>Mobility</i>	Hip 90-90 Switches; 10-15x w/ brief pause Half Keeling (HK) CAR over Foam Roller; 10-15x w/ brief pause HK Thoracic Wall Rotation; 10-15x w/ pause bilateral
<i>Scap Stability</i>	Prone T 10"x10 Prone W 10"x10 Prone Y 10"x10
<i>Rotator Cuff Strengthening</i>	Sidelying (SL) External Rotation (ER) 2-3x12 Banded Internal Rotation (IR) w/ Towel Roll 2-3x12 HK 90 degrees Shoulder Flexion 2-3x12
<i>Core</i>	Bird Dog+Row 2x10 Reverse Bear Crawl 10-15 yds Side Plank Row (<i>Hip Abduction</i>) 2x10



<i>Lower Extremity</i>	Lat 12" Heel Tap 2x10 bilateral SL RDL 2x10 bilateral Lateral Lunges 2x10 bilateral
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Please reach out with any questions, suggestions, or concerns to:

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