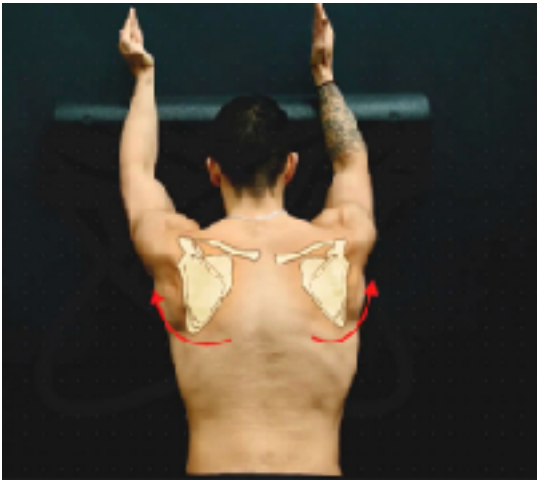


Lisa Pocklington

- Release Left pec minor with ball or opposite hand for 30 seconds or until you feel the muscle relax or not be quite so sore. <https://www.facebook.com/watch/?v=464571910710657>
- Then immediately go onto - strengthen Left serratus anterior upper fibres 3 reps



Can use a foam roller like in this pic, or wearing a jumper and leaning against glass also works well. 3 reps.

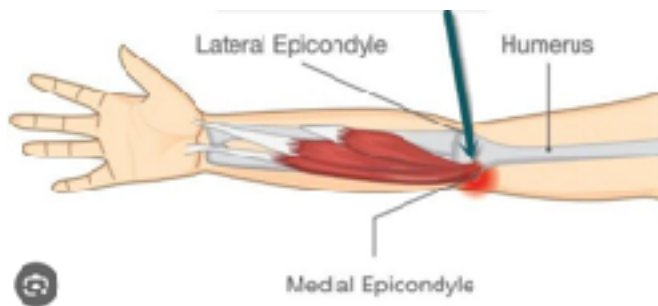


- **This is the exercises I said we could do next time, but if you want to add it in it would help, but dont worry if you dont get time ****
- subscap release 30 seconds or until you feel the muscle relax or not be quite so sore—

- strengthen infraspinatus - hold band in hand, with arm at 90 degrees like in picture below, rotate your hand backwards while keeping you elbow stable. Small movement only. 3 reps.



release common flexor tendon (go to inside of arm just below elbow, as you extend your wrist upwards, feel like you're stretching the tendon back towards the elbow. Do for 30 seconds or until it feels a little less painful



- strengthen lat dorsi 1 rep - position band on vertical post, think pull back, down and slightly behind you. ONLY 1 REP



release lx multifidi - use ball on lower back just next to spine. For 30 seconds

- strengthen rec abdo. 2 reps per side. Remember keep hips just back from 90 degrees, keep one leg in 'table top' position, other foot to slowly tap ground, then bring back up. 2 reps per side.

