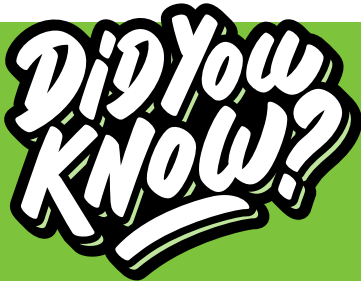


PITCH PERFECT PREVENTION



Shoulder mobility is important for shoulder health and functional movement like reaching and overhead work.

[Click here](#) OR scan the QR code for a step-by-step survey and video to guide you through the test and get recommendations on next steps.



HOW TO PARTICIPATE

1. **During the first week of the month, take the shoulder mobility challenge:**
 - a. Position yourself with your back against the wall. Ensure that your hips and shoulders are square to the wall. Tilt your pelvis back so that your spine is flat against the wall.
 - b. Keeping your elbows straight, raise your arms directly in front of your body leading with your thumbs. Sweep arms up to the sides of the ears keeping them close to the head.

GRADING

Are you able to touch your thumbs to the wall, keeping your arms locked straight and spine flat against the wall?

Watch the video for the full test



THUMBS TOUCHING WALL

PELVIS ROTATED BACK

FLAT SPINE



YOUR SCORE

| | Range | Description |
|--------|--|---|
| GREEN | Full range of motion without restriction | You are able to touch thumbs to wall while keeping a flat spine, shoulders, & hips against the wall |
| YELLOW | Limitation of movement without pain | You are NOT able to touch thumbs to wall while keeping a flat spine, shoulders, & hips against the wall |
| RED | Pain with movement | You have pain & are NOT able to touch thumbs to wall while keeping a flat spine, shoulders, & hips against the wall |

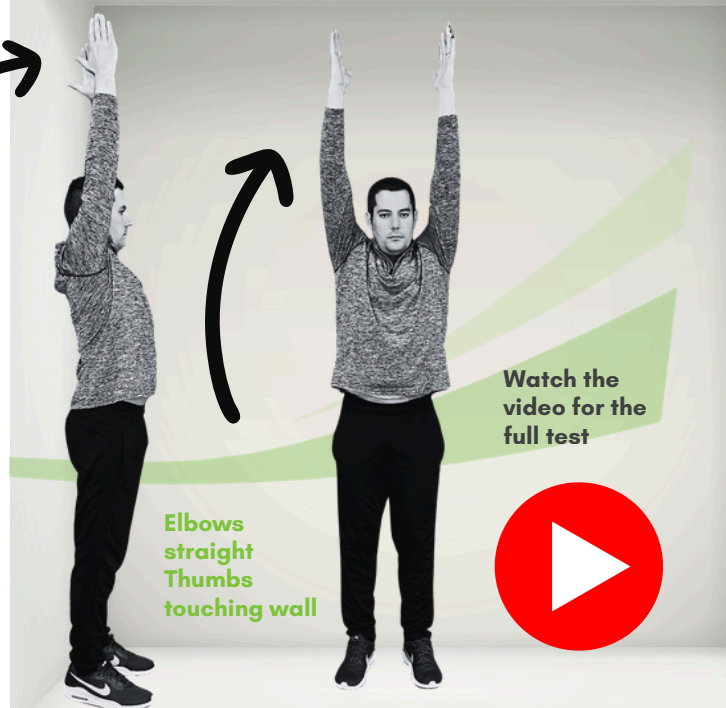
| | Grade |
|------------------------|-------|
| Beginning of the Month | |
| End of the Month | |

PITCH PERFECT PREVENTION

SHOULDER FLEXION: THUMB TO WALL

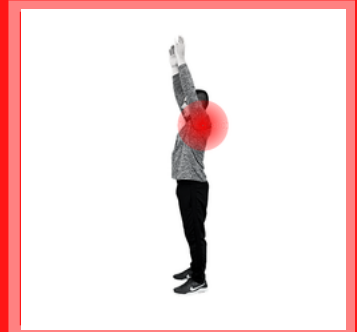
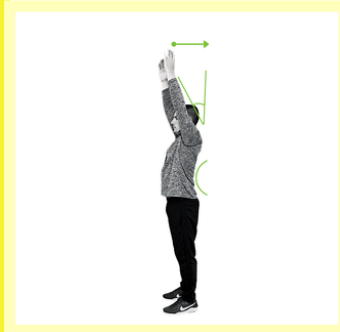
1. Position yourself with your back against the wall, ensuring that your hips and shoulders are square to the wall.
2. Tilt your pelvis back, so that your spine is flat against the wall.
3. Keeping your elbows straight, raise your arms leading with your thumbs.
4. Sweep arms up to the ears keeping them close to the head.

Are you able to touch your thumbs to the wall, keeping your arms locked straight and spine flat against the wall?



Elbows straight
Thumbs touching wall

Watch the video for the full test



Green =

Full range of motion without restriction

While mobility work is always important, you are doing great! Consistency with your Pre Shift Prep will keep you in the green!

Looking for a quick daily shoulder routine? Try our [Basic 5!](#)

Want more? Check out our [Work Right April calendar](#) to reinforce these movements every day of the month!

Yellow =

Limitation of movement without pain

- Unable to touch thumbs to wall
- Unable to keep spine flat against the wall
- Unable to keep shoulders and hips against wall

Follow the recommended flexibility and strength exercises on our [Work Right April calendar](#) and stay consistent with your Pre Shift Prep.

Re-screen yourself in 2-4 weeks with a goal to work towards GREEN.

Red =

Pain with movement

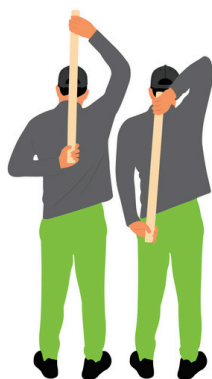
It is recommended that you speak to your WRNW Injury Prevention Specialist.

Make an appointment to evaluate where your discomfort may be coming from and get helpful advice on next steps.

PITCH PERFECT PREVENTION



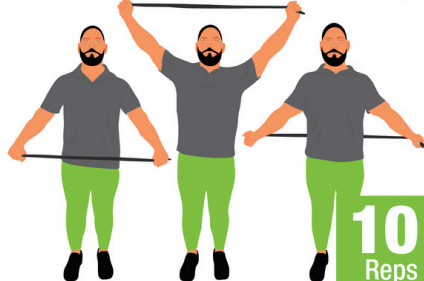
USE THE EXERCISES BELOW TO IMPROVE YOUR SHOULDER MOBILITY AND SCAPULAR STABILITY



LAT TRICEP STRETCH

Hold a dowel behind head and hips. Lower palm faces out. Gently pull up with top hand, then pull down with bottom hand.

20
Sec



THERABAND RAINBOWS

Hold band out in front of you with wide grip. Lift band forward and up overhead moving to reach band behind back until you feel a mild stretch to the shoulders and chest. Slow return back to start. Aim for a deeper range of motion with each rep.

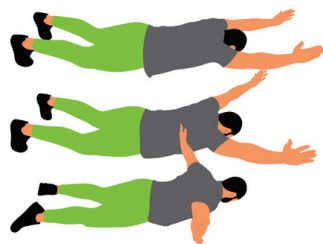
10
Reps



SCORPION STRETCH

Lie face down with one arm extended out at shoulder height or slightly above. Place the opposite hand beside your rib cage. Bend the knee on the same side as the supporting hand and gently roll your hips in that direction, letting the toes hover or reach toward the floor behind you. You should feel a stretch through the chest and shoulder of the extended arm. Hold, then switch sides.

20
Secs



PRONE IYTs

Lie face down with arms overhead. Press toes into the floor, engage core, and keep pelvis grounded. Lift arms into an "I" position 5-10 times. Move arms slightly wider with thumbs pointing up and lift into a "Y" position 5-10 times. Place arms straight out to the sides and lift into a "T" position 5-10 times.

5-10
Reps



THREAD THE NEEDLE

Start on hands and knees. With the back of your palm on the floor, reach across the body with one hand underneath the opposite armpit while allowing your spine to rotate. Hold briefly for an upper back stretch. Repeat on each side.

10
Reps



Y TO W SHRUGS

Start with your arms up overhead into a "Y" position. Control your arms slowly down to a "W" position, squeezing your shoulder blades. Return to start.

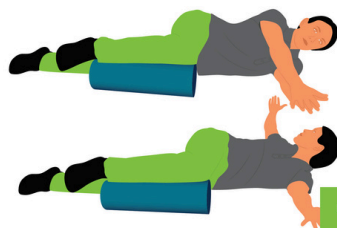
10
Reps



FOAM ROLL: T-SPINE MOBILIZATION

Position the foam roller perpendicular to the spine under the shoulder blades with hands behind your head and pointing the elbows directly up towards the ceiling. Keep hips on the floor and extend your upper back over the foam roller. Hold briefly, then return to neutral. Roll up up or down an inch and repeat.

30
secs



OPEN BOOK

Side lying, arms stacked in front of you. Reach arm overhead and out to side, return to start. Repeat on other side.

10
Reps



CHILD'S POSE LAT STRETCH

From child's pose, walk both hands to one side while keeping hips back toward your heels. Feel the stretch along the opposite side of your torso and lats. Hold, then switch sides.

20
Secs

Before beginning any exercise program, please consult your healthcare provider to ensure that you are in good health and that these exercises are suitable for your current fitness level. The information provided in this exercise routine is for educational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment.