

SLEDGE HOCKEY - SHOULDER PROGRAM

Shoulder Warm Up / Activation (Done before hockey and workouts)	
<i>Exercise</i>	<i>Set x Rep</i>
1) Self Myofascial Release: <i>Chest, lats, front delt, and traps</i>	30" to 60" per targeted area
2) Static Stretch: <i>Sleeper's, 1-arm child's pose w/ ER, chin up bar dead hang</i>	30" to 60" per targeted area
3) Shoulder ER Progression	1-2x15
4) Shoulder IR Progression	1-2x15
5) YTW	1-2x8E
6) Scapula Push Up + Full Push Up <i>Elbows bent at 45 degrees</i>	1-2x10
7) Inverted Row + 3s Iso Hold	1-2x10
8) General Warm Up	N/A

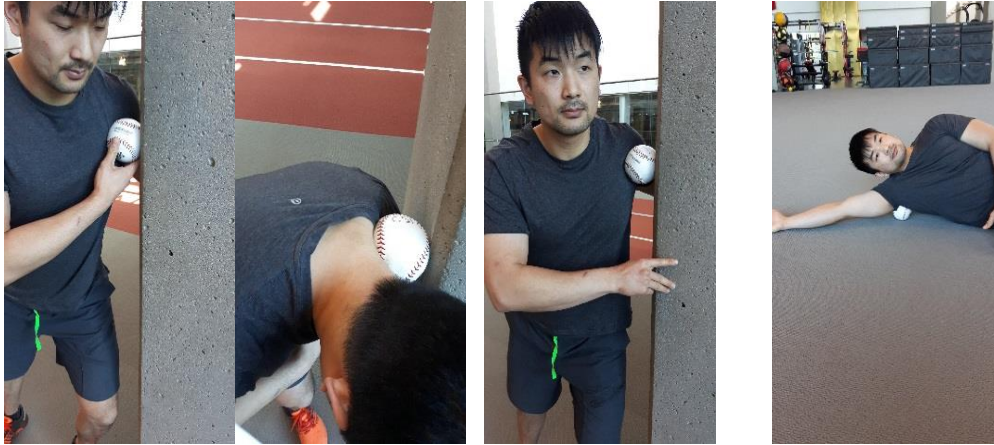
Shoulder Prehab Workout 1	
<i>Exercise</i>	<i>Set x Rep</i>
1) Self Myofascial Release: <i>Chest, lats, front delt, and traps</i>	30" to 60" per targeted area
2) Static Stretch: <i>Sleeper's, 1-arm child's pose w/ ER, chin up bar dead hang</i>	30" to 60" per targeted area
3a) Shoulder ER Progression	2-3x15
3b) Shoulder IR Progression	2-3x15
3c) Lower Trap Progression	2-3x15
3d) Rhomboids Progression	2-3x15
4a) Dolphin Progression	3-4x20
4b) Bow and Arrow Progression	3-4x15E
5) Suitcase Weight Carry Progression	3-4x20m E or 45"E

Shoulder Prehab Workout 2	
<i>Exercise</i>	<i>Set x Rep</i>
1) Self Myofascial Release: <i>Chest, lats, front delt, and traps</i>	30" to 60" per targeted area
2) Static Stretch: <i>Sleeper's, 1-arm child's pose w/ ER, chin up bar dead hang</i>	30" to 60" per targeted area
3a) Shoulder ER Progression	2-3x15
3b) Shoulder IR Progression	2-3x15
3c) Mid Trap Progression	2-3x15
3d) Serratus Anterior Progression	2-3x15
4a) Dolphin Progression	3-4x20
4b) Front Raise to Overhead Progression	3-4x10E
5) Turkish Getup Progression	3-4x5-8E

SLEDGE HOCKEY - SHOULDER PROGRAM

SELF MYOFASCIAL RELEASE

Locate a tight spot, place a lacrosse ball on it, and press against the wall until you feel mild discomfort.



Chest

Traps

Front Delt

Lats

STATIC STRETCH

- **Sleeper's Stretch:** Lie on the floor on one side. Bring your bottom arm right in front of your torso and bend it to 90°. Use your other hand to press the bottom hand towards the floor until you feel a stretch in the back of your shoulder.
- **1-Arm Child's Pose w/ ER or Overhead Band Stretch w/ ER:** Setup in child's pose with one arm reached as far out in front of you as possible. Use your other arm to externally rotate the arm that is in front (palm facing the sky), and sit back until you feel a stretch in the lats and the back of your shoulder.
- **Chin Up Bar Dead Hang + Diaphragmatic Breathing:** Hang onto chin up bar with prone grip while standing on a box with your knees bent. Round your upper back as you continue to hang onto the bar. Perform diaphragmatic breathing by breathing into the nose towards the belly, and breathe out with the mouth until all the air is out of the belly and lungs.
- **Banded Lat Stretch:** Anchor a thick elastic band around a chin up bar, and wrap the band around your wrist. Externally rotate the arm that is attached to the band and sit back until you feel a stretch in the lats and the back of your shoulder.

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Sleeper's Stretch



1-Arm Child's Pose



Dead Hang



Banded Lat Stretch

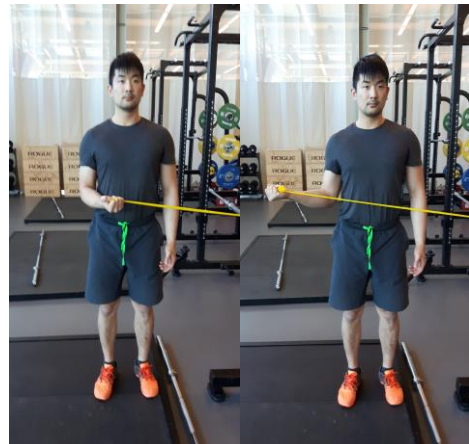


SHOULDER EXTERNAL ROTATION (ER)

1) Side Lying



2) Standing



3) Standing 45/90



4) Standing 90/90



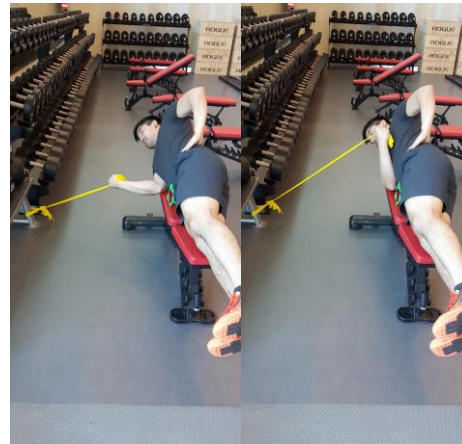
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SHOULDER INTERNAL ROTATION (IR)

1) Supine Lying IR



2) Side Lying IR



3) Standing



4) 45/90



5) 90/90



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LOWER TRAP

1) Incline Bench 1-Arm Trap Raise



2) Flat Bench 1-Arm Trap Raise



3) Incline Bench Trap Raise



4) Flat Bench Trap Raise



5) Scapula Wall Slide



6) Cressy Wall Slide (keep scapulae down)



SLEDGE HOCKEY - SHOULDER PROGRAM

MID TRAP

1) Prone Lying T



2) Prone Lying W



3) Shoulder Adduction



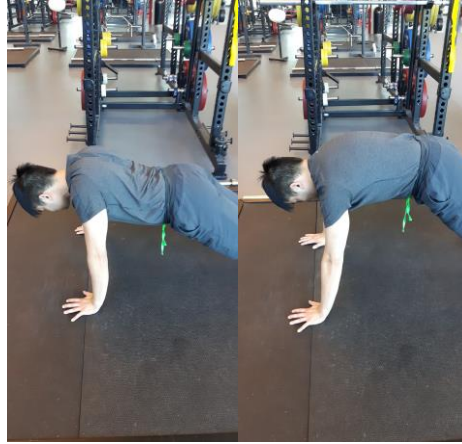
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SERRATUS ANTERIOR

1) 1-Arm DB Protraction



2) Scapula Push Up



3) Exercise Ball A to Z



4) DB Pull Over



5) Cressey Wall Slide (Scapulae Forward)



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RHOMBOIDS

1) Prone Lying Shoulder Retraction



2) TRX Row w/ 3s Iso Hold



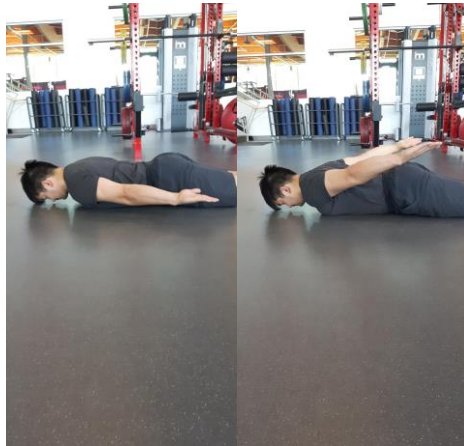
3) Face Pull



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DOLPHIN

1) Prone Lying Dolphin



2) Seated Dolphin



3) Standing Dolphin



4) Add flutters as next progression

SLEDGE HOCKEY - SHOULDER PROGRAM

BOW & ARROW

1) Horizontal



2) Diagonal



SLEDGE HOCKEY - SHOULDER PROGRAM

FRONT RAISE TO OVERHEAD

1) Supine Lying



2) Upright Seated



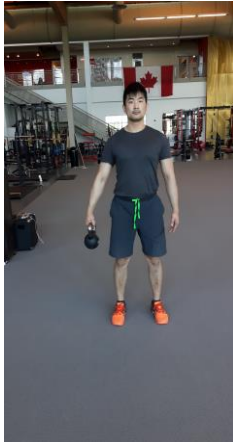
3) Standing



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SUITCASE CARRY (1-ARM)

1) Regular



2) 90/90



3) Overhead



4) Contralateral Loading



SLEDGE HOCKEY - SHOULDER PROGRAM

TURKISH GETUP

1) Half Getup



2) Roll to Side



3) Full Getup + Windmill

