

PT
(Shoulders/Back!)

****PT SESSION = 30 points**

Fri-9/16	Sat-9/17	Sun-9/18	Mon-9/19	STRETCHING: (3x/day, 5-7 mins)	Tue-9/20	Wed-9/21	Thu-9/22	Fri-9/23	Sat-9/24
				FLEXION:					
				1. Table Slide/Step Back/Med Ball	11				
	1		1	2. Child Pose	1				
11	11			3. Touchdown (on back) w/ weights	11				
11	1		111	4. Wall Crawl	111				
				INTERNAL ROTATION:					
11	1		1	5. Stick Off Back (15x)	11				
11	1		1	6. Thumbs Up Back (2-3 x 30secs)	11				
				EXTERNAL ROTATION:					
11	11			7. Parabolic w/weights or wall	11				
1	111			8. TV Stretch	1				
				STRENGTHENING: (1x/day, 3x10)					
1	11		1	9. Row (armpit & thumb) 3x/wk					
11	1111			10. I's (waist level)(on stomach or w/straps) 3x/wk	1111				
	11		1	11. Bicep Curls (10 lbs) 3x/wk	11				
	11		1	12. Tricep Pushdown (purple) 3x/wk					
	1			13. All 4's w/Wt Shift; Push Ups 3x/wk	11				
11				14. Welcome My People 3x/wk	11				
	11		1	15. Internal Rotation 3x/wk	111				
	11		1	16. External Rotation (side) 3x/wk	11				
11	11			17. Navajo Vertical	11				
				18. DANDGLES/PENDULUM					
				19. POOL	1				
				20. ICE					
			30	21. PT					
20	28	33	11	22. PT POINTS TOTAL	33				
25	25	30	25	23. CARDIO MINUTES (30m/7d)	32	25			
	5			24. MEDITATION MINUTES (7m/5d)	10				
				25. EXERCISE MINUTES TOTAL					
				TOTAL TOTAL					

***If on stomach also do 30° out from side**

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