

# Shoulder Correctives

## Drills

### Impingement

Exercise	Sets	Reps
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Wall Arm Slides	3	10
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Prone Trap Raise	3	10
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### Separation/Sprain

Exercise	Sets	Reps
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YTWs	2	10
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Serratus Punch	2	10
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Infraspinatus	2	10
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Supraspinatus	2	10
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Band Int/Ext	2	10
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### Scap Dysfunction

Exercise	Sets	Reps
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Serratus Arm Slides	3	10
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Prone Trap Raise	3	10
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