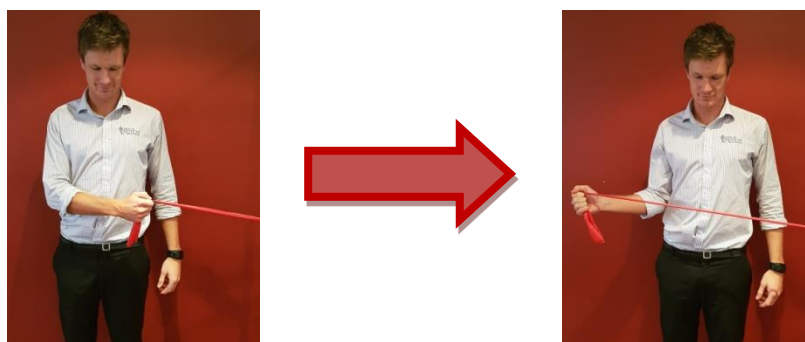


## **SHOULDER WARM UP FOR CHELSEA LITTLE ATHS**

Shoulder injuries are very common for throwing athletes. The shoulder joint heavily relies on the surrounding muscles to make it strong and stable, especially during the high demands of javelin, shot put or discus. A great way to help reduce shoulder soreness as well as reducing the chance of injury is to get all these muscles activating with a quick pre-event warm-up, such as the following two exercises:

1. Keeping your elbow against your side, rotate your arm side to side against the resistance of the band 10x on each arm:



2. Keeping your arms straight and pulling them apart against resistance of the band, then moving your arms up and down through their full range of motion 10x :



For a more specific and targeted warm-up routine, or to rehabilitate any existing shoulder soreness or injuries, then feel free to come down to Back In Motion Aspendale Gardens for a FREE assessment today!

