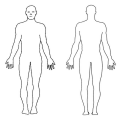
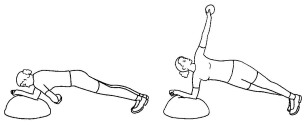
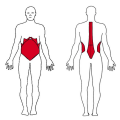
# Din Helse Bjølsen
## Skulderprogram Oslo Sports Trauma

Oppdatert
Week 1-6
Grønn

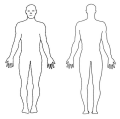


### 1. Pre-position your shoulders
Pre-position your shoulders before starting the exercise by lifting your chest and pulling your shoulder blades slightly back and down
**Sett: , Reps:**

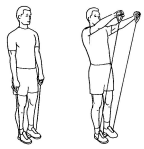


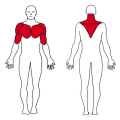


### 2. BOSU: Planken m/vektball
Ligg framover med underarmene plassert på BOSU-en. Sett tærne i gulvet og hold kroppen strak. Pass på å holde korsryggen i nøytralstilling og nakken i en naturlig forlengelse av ryggen. Hold en vektball i hånden. Start med å strekke armen rolig opp mot taket og dreie overkroppen etter. Kom så tilbake i midtposisjonen og drei videre den andre veien slik at armen beveges inn under kroppen. Gjenta øvelsen.

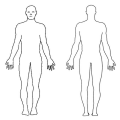


### 3. Trunk Rotation
Push-up plus position on elbows. Alternating trunk rotation.
**Sett: 3 , Reps: 8-16**



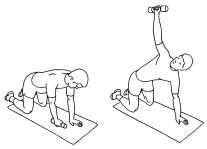


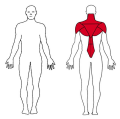
### 4. Stående fronthev m/strikk 1
Fest midten av strikken under føttene. Stå med armene ned langs siden og et håndtak i hver hånd. Vend håndflatene bakover. Løft armene fram og opp til de er i ansiktshøyde. Senk langsomt tilbake.



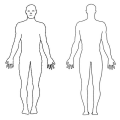
### 5. Standing Y-flies
Papir exercise
Lift chest, draw shoulders back/down
Pull the elastin with straight arms towards the feiling in a Y-position.

Pre-position your shoulders before starting the exercise by lifting your chest and pulling your shoulder blades slightly back and down
**Sett: 3 , Reps: 8-16**



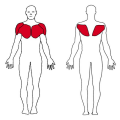


### 6. Trunk rotation 4-stands
Firfotstående sidehev m/rotasjon
Stå på alle fire. Før den aktive armen ut til siden og opp. Rotér overkroppen og følg armens bevegelse. Gjenta til motsatt side.
**Vekt: kg, Sett: 3 , Reps: 8-16**



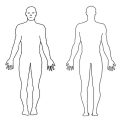
### 7. Trunk rotation 4-stands
Alternating trunk rotation
Point hand towards ceiling
Ball in your hand or small weight
**Sett: 3 , Reps: 8-16**

Vis video



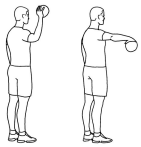
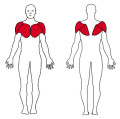
### 8. Sleeper Stretch / Tøyning av kapsel

Tøyning av kapsel
Ligg på siden med den underste armen bøyd i 90 grader. Bruk motsatt arm til å rotere den underste armen innover (slik at du fører underarmen ned mot gulvet). Hold ca 30 sek
**Varighet: , Sett: , Reps: , Pause:**



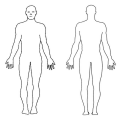
### 9. Sleeper Stretch

Lie on your shoulder blade to stabilise it
Keep your shoulder slightly under 90gr
Push hand downwards towards floor (internal rotation)
**Sett: 3 , Reps: 30sek**

### 10. Innadrotasjon skulder m/ball

Stå med ca 90° fleksjon og abduksjon i skulder, hold ballen i hånden med albuen flekert i ca 90°. Roter rolig innover i skulderleddet til underarmen er ca parallell med gulvet. Beveg rolig tilbake til utgangsstilling og gjenta.



### 11. External rotation

Pre-position your shoulder
Keep the elbow and shoulder in 90gr
Use a ball or small weight as resistance
**Sett: 3 , Reps: 10-20**

Vis video