



THE SHOULDER RESET

A five day mobility and release plan
from your team at Bodi Collective

BODI COLLECTIVE

Burleigh Heads, QLD



WHY THIS MATTERS

Your shoulder was never built to sit still. Stiffness and tension build up between sessions, not during them, and the work you do at home is what makes the work we do in the clinic actually stick.

This plan covers two things. Mobility, to open the joint and get it moving through its full range, and release, to soften the tissue that is pulling it tight in the first place. Do both, in order, and give it the full five days.

2 TO 5	5 DAYS	2 DAYS
MINUTES PER MOVEMENT	A WEEK, MONDAY TO FRIDAY	OFF, WEEKENDS ARE YOURS

Do not chase pain. A stretch or hold should feel firm, never sharp. Ease off if anything feels wrong and bring it up at your next session.



MOBILITY

Three movements to open the joint

01

WALL SLIDES

Stand with your back against a wall, arms bent in a goal post position, backs of your hands touching the wall. Slowly slide your arms overhead, keeping contact with the wall the whole way, then bring them back down under control.

2 to 5 minutes [WATCH THE DEMO](#)

02

BAND PULL APARTS

Hold a light resistance band at chest height with straight arms. Pull the band apart, squeezing your shoulder blades together, then return slowly. Keep your shoulders down away from your ears throughout.

2 to 5 minutes [WATCH THE DEMO](#)

03

PENDULUM SWINGS

Lean forward and support yourself on a bench or table with your free hand. Let the sore arm hang completely loose and swing it gently in small circles, then reverse direction. Let gravity and momentum do the work, do not force it.

2 to 5 minutes [WATCH THE DEMO](#)

RELEASE

Where the tension actually lives





RELEASE

Four spots, one ball, five minutes total

01

PEC MAJOR

Place a ball against a wall just below your collarbone, toward the centre of your chest. Lean in and find a tender spot, hold steady pressure and breathe slowly until you feel it soften.

02

PEC MINOR

Move the ball slightly higher and further out toward the front of your shoulder. Same approach, lean in, hold, breathe, let the tissue release under sustained pressure.

03

UPPER TRAPS

Position the ball between your neck and the top of your shoulder against the wall. Hold gentle pressure and slowly tilt your head side to side to work through the tight spot.

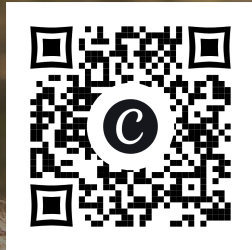
04

LOWER RHOMBOIDS

Lay on the ball along the inside edge of your shoulder blade, on the floor or against a wall. Slowly rotate your arm overhead and back down while keeping pressure on the ball.

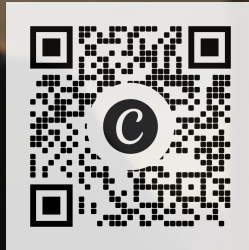
READY TO GO DEEPER?

This reset keeps you moving. If you want to know exactly what is happening inside that shoulder, and build a plan around it, this is where it starts.



THE FULL ASSESSMENT

Two hours, one on one. We assess, treat, and map your next steps.



EXPLORE PACKAGES

Go all in. See how our members structure recovery long term.

Zen • Lead Therapist • Bodi Collective

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