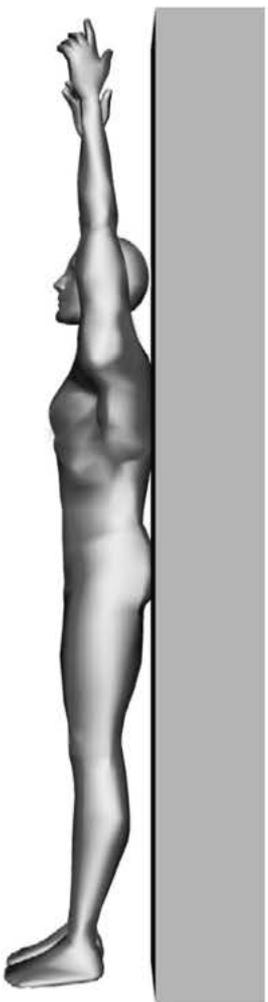


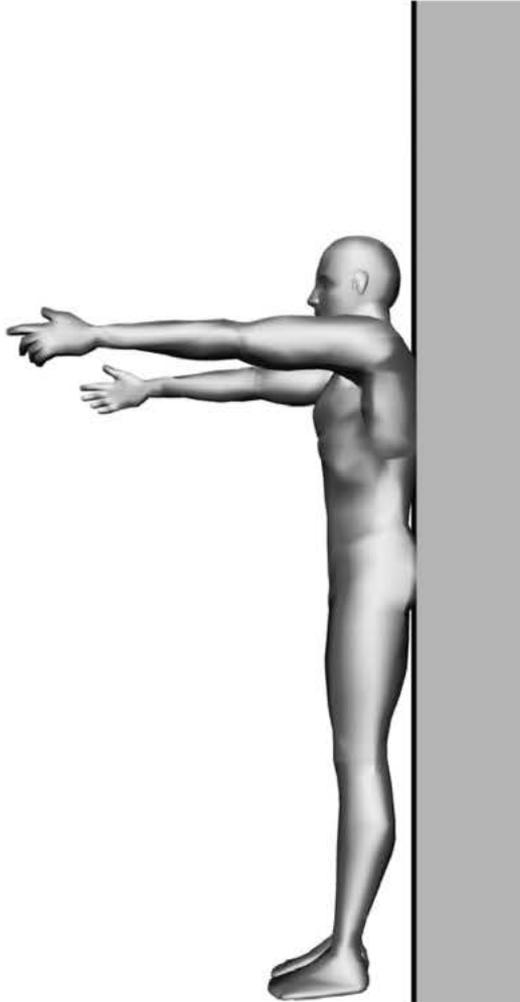
A



B



C



D

Shoulder Flexion — Standing With Back Against the Wall (Figures A-D)

- Purposes:**
- To improve the performance of the trapezius muscle
 - To stretch the latissimus dorsi muscle
 - To increase the range-of-shoulder motion
 - To improve the control of the shoulder lateral rotator muscles
 - To improve the alignment of the upper back

Starting position: Stand with back against the wall. Heels are approximately 3 inches away from the wall. Arms are at side of body.

Shoulder flexion with elbow flexion

Method: Perform variation if box is checked

- Bend your elbows
- Bring your arms forward so that your elbows face forward
- Bring your arms overhead, allowing your elbows to straighten as your arm goes overhead
- Try to bring your hands and arms back against the wall
- Keep your arms close to your head
- Do not let your back arch or pull away from the wall
- Contract your abdominal muscles to flatten your low back against the wall
- Hold the position for 5 to 10 seconds
- You should NOT experience any pain at the top of the shoulder; STOP the motion before the point of experiencing pain
- Take a deep breath, and repeat _____ times
- Return to the starting position

Shoulder flexion with elbow extension

Method: Perform variation if box is checked

- Keep elbows straight
- Raise arms overhead
- Keep the palms of your hands facing upward and then backward, as your arms approach the wall
- Keep your arms close to the head
- Do not let your back pull away from the wall
- Hold the position for 5 to 10 seconds
- Return to the starting position

Repetitions: _____