



Shoulder Flexion to Elicit Back Extensor Muscle Activity — Face-Lying Position (Figures A-B)

Purpose: • To improve the performance of the back extensor muscles

Starting position: Lay face down on a table near the edge so that the arm hangs over the edge of table.

Method: Lift the arm up to the overhead position
Hold position for 5 to 10 seconds
Return to the rest position
Repeat with the same arm
Repeat with the opposite arm

Repetitions: _____