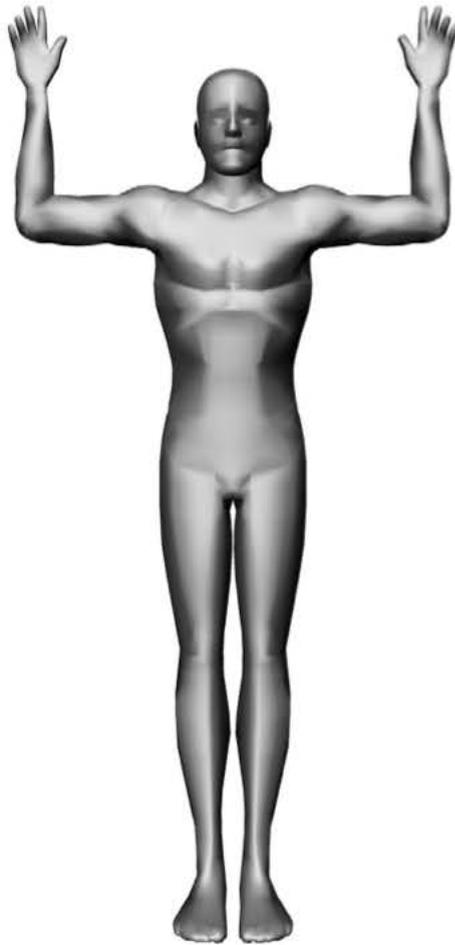


A



B



C

Shoulder Abduction— Standing With Back Against the Wall (Figures A-C)

- Purposes:**
- To improve the performance of the trapezius muscle
 - To increase the range-of-shoulder motion
 - To stretch the pectoralis major muscle

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

Method: Perform variation if box is checked

Raise your arms to shoulder level
Bend elbows 90 degrees

Touch the wall with your arms, forearms, and hands

- Bring your arms back to the wall, but do not force them to touch the wall
Slide your arms up the wall toward your head

Straighten your elbows as your arms move overhead

Bring your arms close to your head
STOP if pain is experienced on top of your shoulder

- Contract your abdominal muscles to flatten your back against the wall
Hold position for 5 to 10 seconds
Return your arms to shoulder-level position

Repetitions: _____