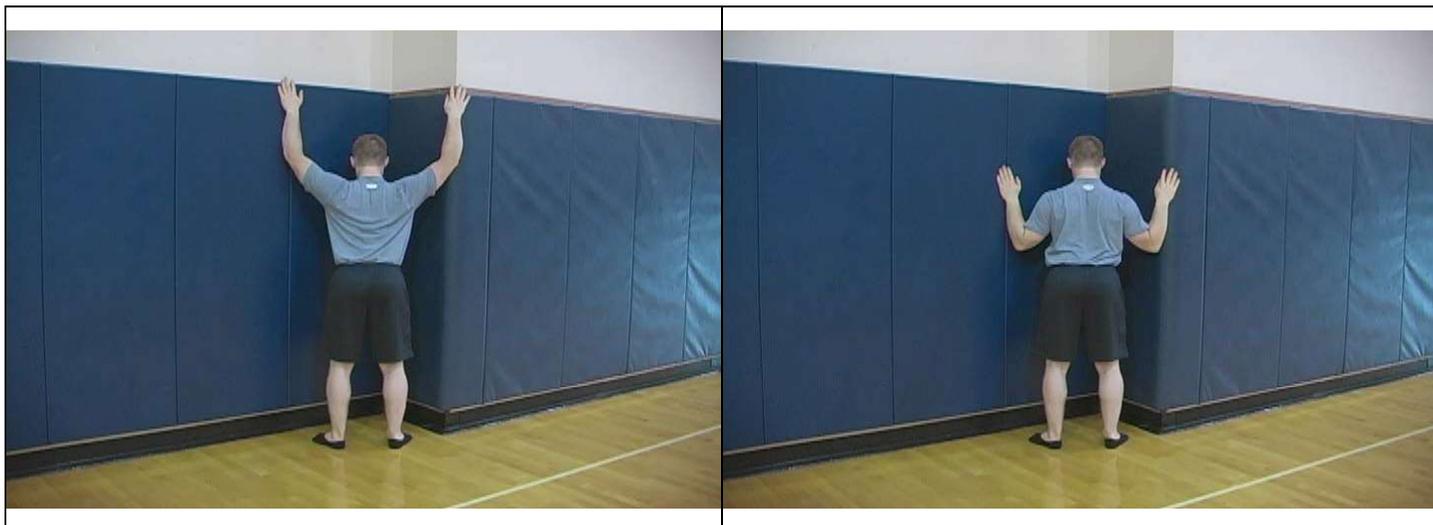


## 17.4 – DOORWAY SLIDES



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve activation and strength in the lower trapezius.</li> <li>▪ To improve shoulder external rotation mobility.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Set up in the middle of a doorway with both arms raised to 90 degrees and your hands on the door frame.</li> <li>▪ Gently lean forward to get a stretch in your pecs.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Keeping the chin tucked and cervical spine in neutral, depress the scapulae by sliding the hands down the frame and puffing the chest out.</li> <li>▪ Hold for a count of one-one-thousand in the bottom position, and raise the arms back overhead.</li> <li>▪ Keep the chest up and out throughout.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Don't allow your body to slip into a head forward posture.</li> <li>▪ Don't be too aggressive with the initial stretch.</li> </ul>