

STANDING SCAPULAR WALL SLIDE



Stand with your back to a wall a few inches away from you and lean your head, back, and butt against the wall. Bend your elbows 90 degrees and raise them out to the sides so your hands (palms facing out) are at shoulder height. Keeping your arms pressed into the wall, lower your elbows as far as possible (**A**). Hold for a second, squeezing your shoulder blades together, then slide your arms up the wall as high as they will go without losing contact with the wall (**B**). When you start to lose contact, bring your arms back to the starting position. That's one rep. Do 8 to 10