

## Shoulder: Flexion, Scaption and Abduction with Wall Assist



- Action:**
1. Stand facing wall. Walk/slide fingers up wall.  
Do not rise up on toes or lean back  
Hold for \_\_\_\_\_seconds. Repeat \_\_\_\_\_times.
  2. Stand turned 45° away from wall. Walk/slide fingers up wall.  
Do not rise up on toes or lean to side.  
Hold for \_\_\_\_\_seconds. Repeat \_\_\_\_\_times.
  3. Stand with your side to the wall. Walk/slide fingers up wall.  
Do not rise up on toes or lean to side.  
Hold for \_\_\_\_\_seconds. Repeat \_\_\_\_\_times.