

Shoulder: Blade Retraction and Posterior Depression

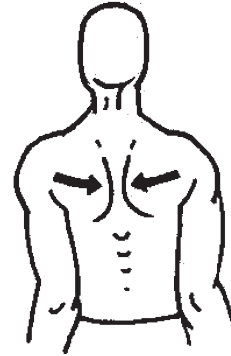
1. Shoulder Blade Retraction

Stand or sit with good posture.

Pull your shoulder blades back and in toward your spine.

- Keep upper shoulder muscles relaxed.
- Shoulders should rotate outward and arms should not pass behind plane of body.

Hold _____ seconds. Repeat _____ times/day.



2. Shoulder Blade Posterior Depression

Stand or sit with good posture.

Pull your shoulder blades down and in toward your spine as if you were going to put them in your opposite back pocket.

- Keep upper shoulder muscles relaxed.
- Arms should not pass behind plane of body.

Hold _____ seconds. Repeat _____ times/day.

