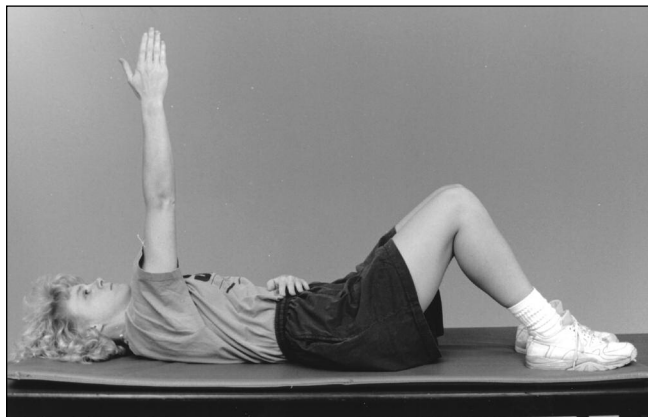


Shoulder: Scapular Protraction – Supine



Purpose: To strengthen shoulder blade musculature.

Position: Lie on back with shoulder blade in contact with the floor or bed. Position your right/left arm as above, with elbow straight. Palm should be facing inward.

Action: Reach to the ceiling, maintaining arm as above. Do not shrug your shoulder toward your ear.

Hold Theraband in hand.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.