Shoulder: Blade Pinch (“W” Exercise) – Sitting

Position
Sit or stand with straight posture. Place arms in “W” position – arms at side with elbows bent up. (Fig. 1)

Action
Pull elbows back so your shoulder blades pinch together. Hold for a count of three.

Do _____ repetitions _____ times/day.

Dynamic option

Start position
Sit or stand with straight posture. Begin with arms up in a “Y” position as shown. (Fig. 2)

Action
Pull shoulder blades down and in and bring arms into a “W” position. Hold for a count of 3. (Fig. 3)

Do _____ repetitions _____ times/day.