

**SERRATUS WALL SLIDE**



Place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Next, protract your shoulder blades forward and then slide your arms up the wall as shown. Then, return to original position and repeat.

Repeat 10 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

**PRONE FLEXION - END RANGE**



Lying face down with your arms overhead, raise your arms upward and off the surface towards the ceiling.

Repeat 10 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

**PRONE T - BILATERAL - THUMBS UP**



Lie face down with your elbow straight and arms out to the side. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

Your thumbs should be pointed in the upward direction as your arm raises.

Repeat 10 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

## PRONE ROWS

Lying face down with your elbows straight, slowly raise your arms upward while bending your elbows.



Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

## MODIFIED PLANK PLUS

Perform a plank on your knees and elbows as shown and sustain the hold. While holding, protract your shoulder blades forward to raise up a few more inches and then return to original position.



Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day