



**One Hand Quadruped Scap. Stab.**

On hands and knees on the floor, raise one hand off floor up to horizontal. Shift body weight around the stabilizing hand, moving forward and back and from side to side, keeping shoulder blade down and back and maintaining spinal alignment.

|          |          |
|----------|----------|
| Sets:    | 2-3      |
| Reps:    | 15-20    |
| Weight:  |          |
| Hold:    | 4-10 sec |
| Rest:    | 30-60    |
| 5 x/week |          |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Wall Slide / Arm Elevation**

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Actively exhale while performing squat to feel a stretch in the mid back.

|          |          |
|----------|----------|
| Sets:    | 2-3      |
| Reps:    | 15-20    |
| Weight:  |          |
| Hold:    | 4-10 sec |
| Rest:    | 30-60    |
| 5 x/week |          |

- 1 2 3 4 5 6 7
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Notes:



**Shoulder Protraction Knee Push Up**

On floor in a knee push up position, maintaining an abdominal hollow. Keeping elbows straight, push 'through' the floor to push mid back up toward the ceiling.

|          |          |
|----------|----------|
| Sets:    | 2-3      |
| Reps:    | 15-20    |
| Weight:  |          |
| Hold:    | 4-10 sec |
| Rest:    | 30-60    |
| 5 x/week |          |

- 1 2 3 4 5 6 7
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