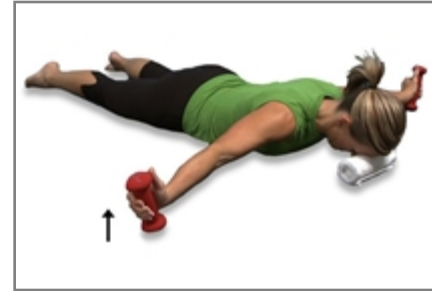




### 1: Resisted Extension with Weights in Prone

- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD RAISE THE ARMS
- BEHIND YOUR BODY IN A COMFORTABLE RANGE OF MOTION.

**Sets:** 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



### 2: Scapular T's with Weights in Prone

- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD KEEP THE ARMS
- STRAIGHT OUT AND LIFT THEM WHILE PINCHING THE SHOULDER BLADES TOGETHER

**Sets:** 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



### 3: Scapular W's in Prone (Palms Down)

- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD
- BEND YOUR ELBOWS 90 DEGREES AS ILLUSTRATED.
- LIFT YOUR ARMS WHILE PINCHING YOUR SHOULDER BLADES TOGETHER

**Sets:** 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



### 4: Scapular Y's with Weights in Prone

- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD RAISE YOUR
- ARMS UP OFF THE GROUND THROUGH A COMFORTABLE RANGE OF MOTION.

**Sets:** 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



### 5: Row Unilateral with Hip Hinge

- BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND IF NEEDED.
- LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOU WERE PERFORMING A SAWING MOVEMENT.

**Sets:** 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s