

V to W Facing Wall

1a. Stand close to the wall, palms resting against the wall with the arms up in a V position.Squeeze your shoulderblades down and together by engaging your lower trapezius muscles. Avoid flaring your ribs out and arching your back by engaging your core.

1b. Slide the hands down the wall until they reach the W position. Maintain your shoulderblade position and don't tense up your upper trapezius muscles.

1c. Re-engage your lower traps by squeezing the shoulderblades back and down before you return to the starting position and repeat.



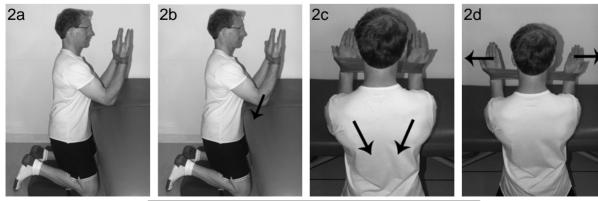
Waiting For Dinner

2a. Starting position: kneeling or sitting with elbows up on a table (cushioned) or bed that is lower than shoulder height. Elbows shoulder width apart and hands facing you with theraband wrapped around hands.

2b. First push the elbows down into the table.

2c. Pull shoulderblades back and down, like you are pinching them together. Avoid flaring your ribs out and arching your back by engaging your core.

2d. Open palms away from each other. Hold 10 seconds and then relax back to starting position. Repeat



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