

Prone Scapular Retraction

Prone position. Support your forehead with the forearm of the opposite arm.
Position your arm at 90 degrees elevation with 90 degrees elbow flexion Thumb faces up.
Lift hand and elbow together, at the same level.
Hold 1-2 seconds and slowly lower the arm.



Prone Elevation

Prone position. Support your forehead with the forearm of the opposite arm. Position the arm at 180 degrees elevation with elbow extended
Thumb faces up. Lift hand and elbow together, keeping the elbow straight.
Hold 1-2 seconds and slowly lower the arm

