

1



## PRONE RETRACTION EXTENSION - PRONE I

Lying face down with your arms by your side, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downwards and towards your spine.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VVWGSDZZF

4

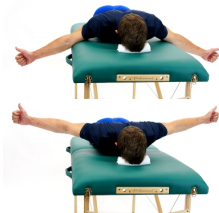


## PRONE Y

Lying face down with your arms stretched out upwards as shown, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

Repeat 10 Times  
Hold 2 Seconds  
Complete 1 Set  
Perform 1 Times a Day  
Video # VV8XKNKTL

2



## 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.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VVN89QFES

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

5



## ELASTIC BAND SCAPULAR RETRACTIONS WITH MINI SHOULDER EXTENSIONS

While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VVAZK53ZC

3



## PRONE W

Lying face down with your elbows bent and palms facing downward, slowly raise your arms up towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VV6FUQA66

6



## ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Times a Day  
Video # VVPJEVESW