

Wall Slides



- This exercise can be performed seated or standing with your back against the wall.
- Place your arms out to the sides, keeping your elbows just above shoulder height with **your fingertips against the wall**.
- Gently draw your shoulder blades down and together.
- Try to focus on using the muscles between your shoulder blades (and not your arms) to accomplish this movement.
- Slowly release back to the starting position.
- Repeat for 3 sets of 10 or as directed.