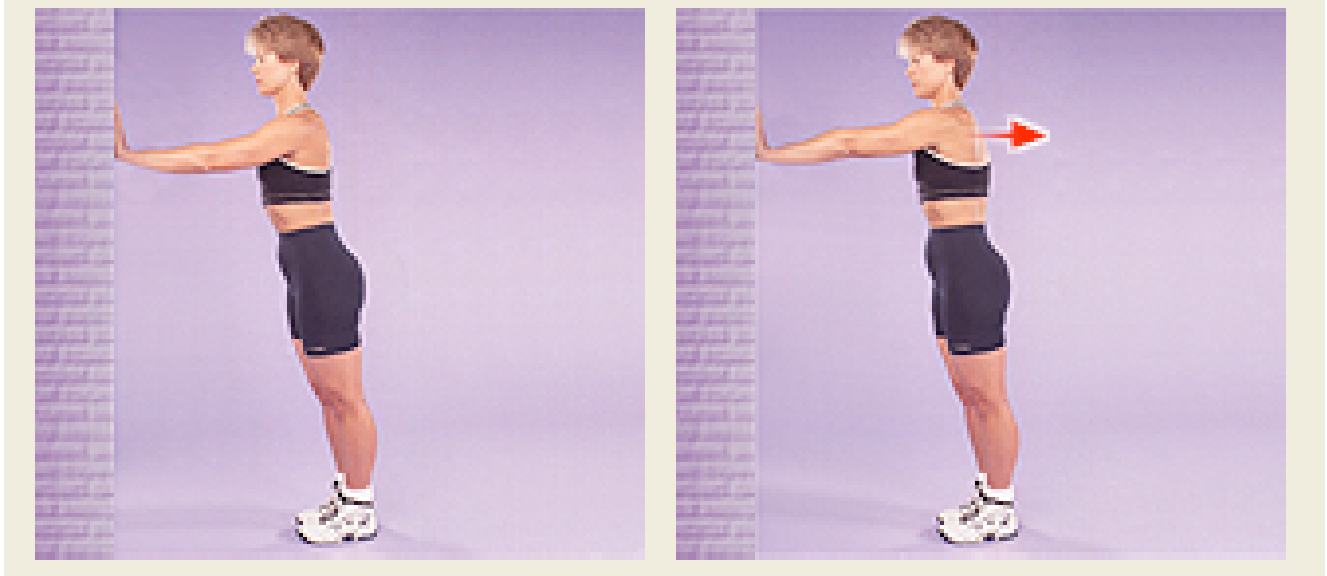


Scapular Protraction Wall Push Ups



- Start in a standing push up position with your arms against the wall.
- Keep your arms fully extended, you will not be bending them at all through this exercise.
- Push your mid back backward.
- The motion should feel like you are trying to push “through” the wall.
- Slowly return to the starting position.
- Repeat for 3 sets of 10 or as directed.