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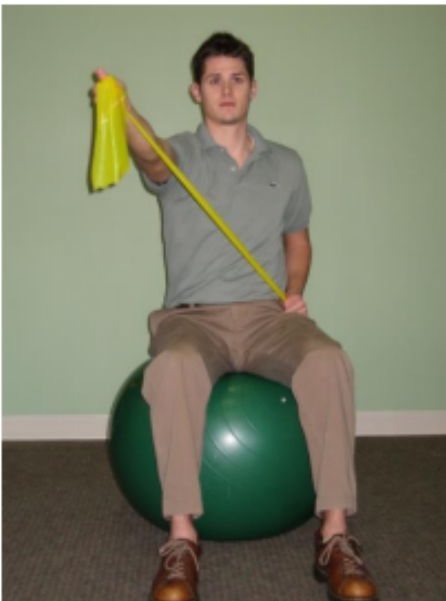


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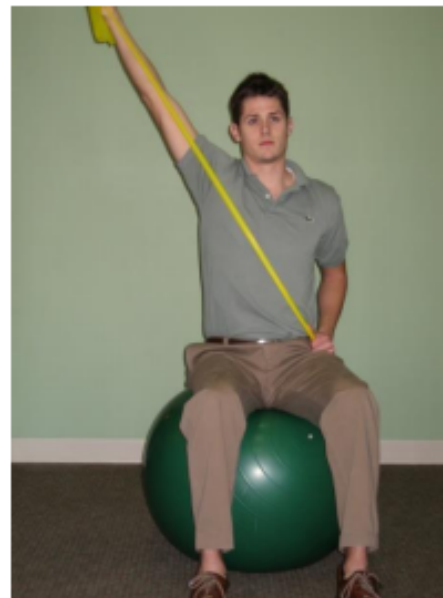
SHOULDER BLADE OR SCAPULAR STRENGTHENING EXERCISES

DIAGNOL THERABAND SCAPULAR STRENGTHENING EXERCISE

Start Position



Finish Position



- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week



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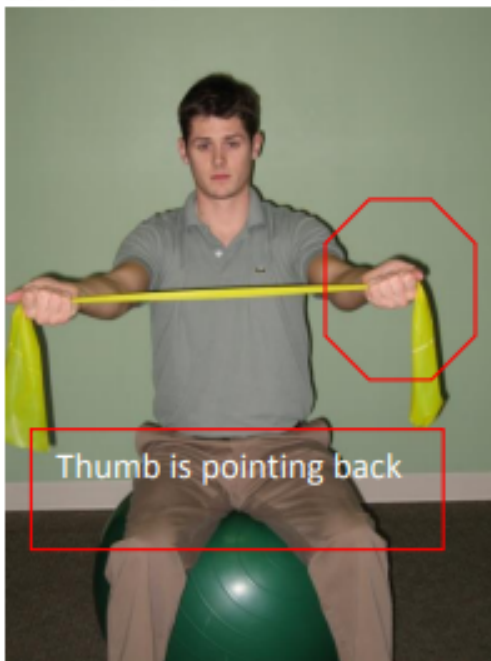
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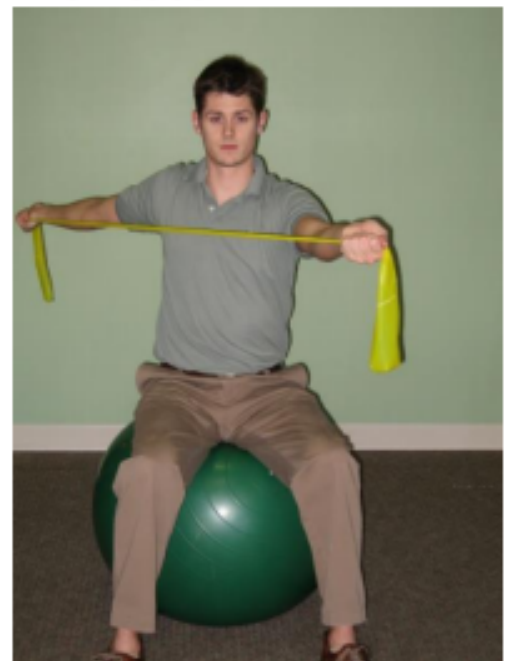
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HORIZONTAL ADDUCTION THERABAND SCAPULAR STRENGTHENING EXERCISE

Start Position



Finish Position



- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week



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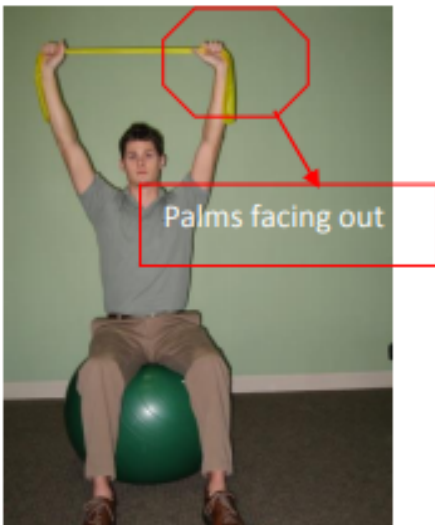
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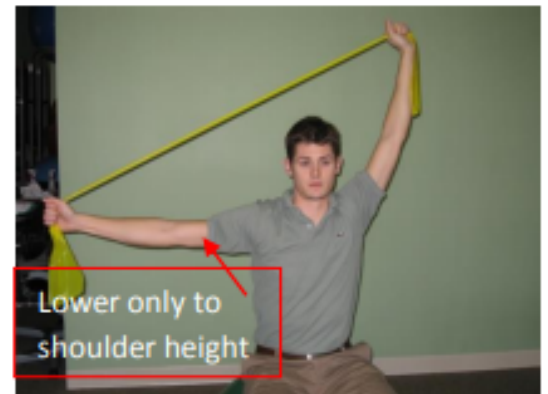
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LATISSIMUS THERABAND STRENGTHENING EXERCISE

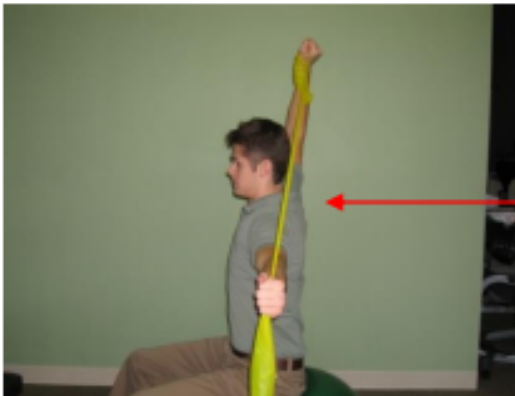
Start Position



Finish Position



Alternate View



Theraband should be behind head

- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week