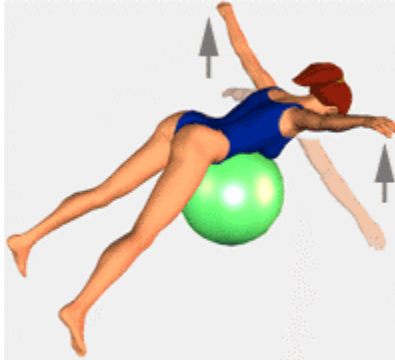


Scapulo-thoracic Strengthening with Therapeutic Ball

Exercise:

Prone Lateral Arm Raise



LIE OVER THE BALL WITH YOUR FEET SHOULDER WIDTH APART. RAISE YOUR ARMS STRAIGHT OUT TO THE SIDES PINCHING THE SHOULDER BLADES TOGETHER AS ILLUSTRATED.

Repeat:	10 times	Sets:	3
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		

Exercise:

Prone Arm Raise with Shoulders Rotated



LIE OVER THE BALL WITH YOUR ARMS SHOULDER WIDTH APART. BEND YOUR ELBOWS 90 DEGREES AND RAISE THEM UP PINCHING THE SHOULDER BLADES TOGETHER.

Repeat:	10 times	Sets:	3
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		

Exercise:

Prone Arm Raise



LIE OVER THE BALL WITH YOUR ARMS SHOULDER WIDTH APART. RAISE YOUR ARM UP AS ILLUSTRATED PINCHING THE SHOULDER BLADES TOGETHER.

Repeat:	10 times	Sets:	3
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		