

## Shoulder Flexion — Face-Lying Position (Figures A-C)

- Purposes:**
- To increase the range of shoulder flexion
  - To improve the performance of the shoulder flexor muscles
  - To improve the movement of the shoulder blade by serratus anterior muscle

**Starting position:** Face-lying position with enough pillows under the upper body and pelvis to ensure that the arms with the elbows bent can be comfortably placed alongside the body. The little finger side of the forearm and hand should be in contact with the supporting surface. The forehead can be supported with a folded towel.

**Method:**  Perform variation if box is checked

Slide your arms overhead, STOP if pain is experienced on top of your shoulder

- Think about moving your shoulder blade so that the bottom of it moves forward and up; motion will be as though a string is tied from your elbow to the bottom of the shoulder blade
- When your elbow is directly under your shoulder, place some weight on your elbow as you continue the sliding movement; STOP if pain is experienced in your shoulder joint

Do not let your elbows move away from your sides as you slide your arms overhead

**Repetitions:** \_\_\_\_\_

