



A

Shoulder Abduction — Standing Facing Wall — Trapezius Exercises (Figures A-B)

- Purposes:**
- To improve the performance of the trapezius muscle
 - To increase range-of-shoulder motion

Starting position: Stand close to and face the wall with the elbows bent and the little finger side of the hand against the wall. Arms should be out to the side with the elbows closer to the body than the hands.

Upper trapezius

- Method:** Slide your hands up the wall to the overhead position but slightly out to the side, rather than straight up close to your head
- When your upper arm is at shoulder level, shrug your shoulders as you continue to slide your hands up the wall
- When your arms are as straight as they can go:
- Lift your arms off the wall by pulling your shoulder blades toward spine
 - Hold the position for 5 to 10 seconds
 - Return your hands back against the wall and slide them back to the starting position

Trapezius

- Method:** Slide your hands up the wall to the overhead position but slightly out to the side, rather than straight up and close to your head
- Do not shrug your shoulders as you slide your arms overhead
- When your arms are as straight as possible
- Lift your hands off the wall by pulling your shoulder blades toward your spine
- Hold the position for 5 to 10 seconds
- Return your hands to the wall and slide them back to the starting position

Lower trapezius

- Method:** Slide your hands up the wall to the overhead position but slightly out to side rather than straight up close to your head
- Do not shrug your shoulders as you slide your hands up the wall
- When your hands are overhead, lift them off the wall by pulling your shoulder blades toward your spine and down
- Hold the position for 5 to 10 seconds
- Return your hands to the wall and slide them back down to the starting position

Repetition: _____



B