

## Shoulder Flexion — Standing Facing Wall (Figures A-C)

- Purposes:**
- To increase range-of-shoulder flexion
  - To improve the performance of the trapezius muscle
  - To improve the performance of the shoulder lateral rotator muscles

**Starting position:** Stand facing the wall as close as possible with elbows bent and the side of the forearm and little finger side of the hand against the wall.

- Perform variation if box is checked

### Facing wall

- Method:** Slide hand(s) up wall until overhead  
STOP if pain is experienced on top of shoulder
- With your arm(s) over your head, lift your arms off the wall by pulling your shoulder blades toward your spine
  - Do not let your shoulder shrug as you slide your arm overhead
  - Pull shoulder blades toward your spine and down
  - Keep your elbow facing the wall as you move your arm overhead; do not let it turn outward
  - Use your alternate hand either under the elbow of the arm to be exercised or by grasping the wrist to help lift the affected arm overhead
  - Use your alternate hand to keep the elbow from turning outward
- Return to the starting position

### Standing in doorway

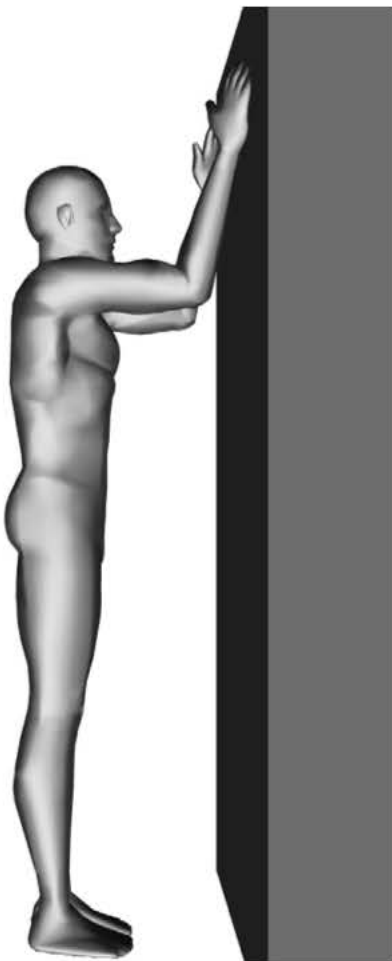
- Method:** Place your body in the doorway, bend your elbow, the palm of hand should be facing your body, place the little finger side of your hand against the wall  
Slide your hand up the wall as high as possible  
STOP if pain is experienced on top of your shoulder
- With arm overhead, lean body into doorway, so that the arm is farther overhead
  - With the arm overhead, lift the arm off the wall by pulling the shoulder blade toward your spine
- Hold position for 5 to 10 seconds  
Return your hands to the wall and slide them down  
Return to the starting position

### Standing with side of body against wall

- Method:** Stand with the arm to be exercised, next to a wall with the elbow bent and the back of the hand facing the wall  
Slide the arm overhead  
Hold position for 5 to 10 seconds  
If painful, move a small distance away from the wall  
Return to the starting position

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

A



B



C

