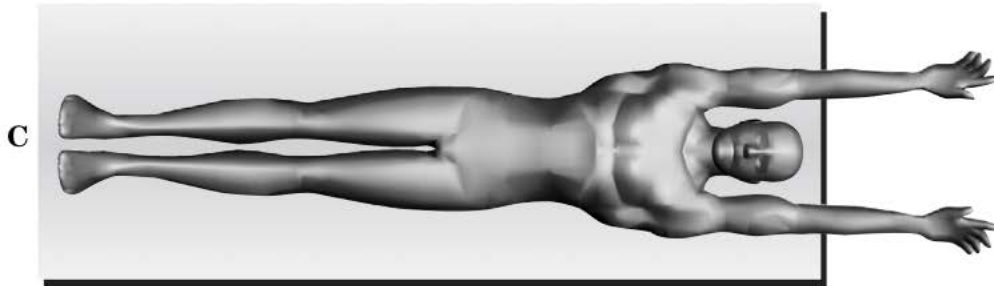
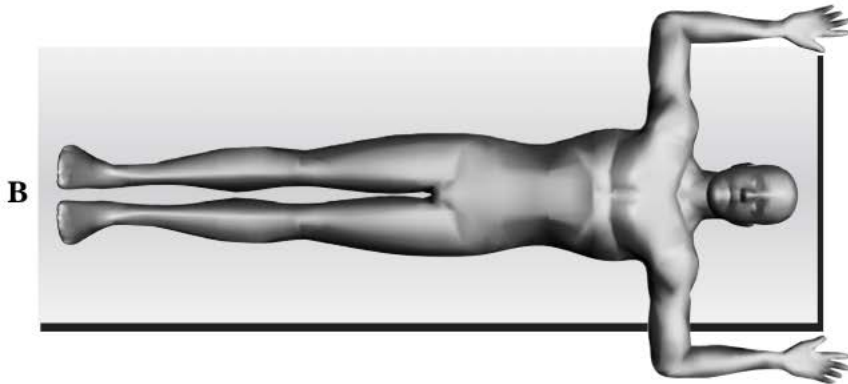
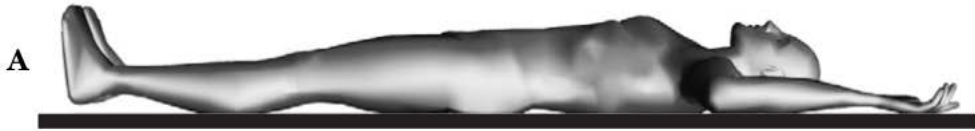


Shoulder Abduction — Gravity Lessened (Figures A-C)

- Purposes:**
- To increase shoulder joint motion
 - To improve the performance of the muscles from the shoulder blade to the arm
 - To stretch the pectoralis major muscle
 - To stretch the shoulder medial rotator muscles

Starting position: Hips and knees can be straight or bent with feet on floor. Move arms away from body at shoulder level with your elbow bent to 90 degrees.



Method: Perform variation if box is checked

Slide your arms overhead toward your ears

Place a pillow next to your head and under your arm, slide your arm along the pillow

Contract your abdominal muscles
STOP if pain is experienced at the top of your shoulder

Do not shrug your shoulders while moving your arms

Shrug your shoulders while moving your arms

Repetitions: _____