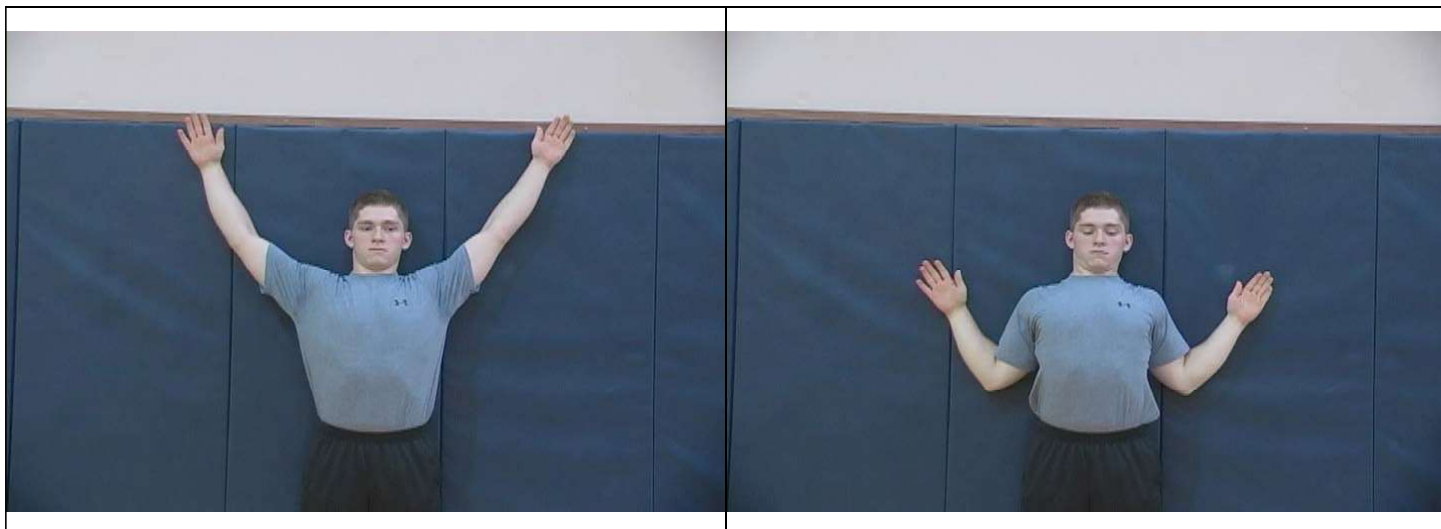


## 17.1 – SCAPULAR WALL SLIDES



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve activation and strength in the lower trapezius.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Set-up with the back of your head, upper back and buttocks up against a wall. Your feet can be set comfortably out in front of you.</li> <li>▪ Raise your hands up overhead with your hands as far back as they can comfortably go.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ From the starting position, slowly slide your arms down the wall by pulling your shoulder blades down and puffing your chest out.</li> <li>▪ Work to keep the arms as externally rotated as possible.</li> <li>▪ Hold the bottom position for a count of one-one-thousand, and then return to the starting position.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Keep the chin tucked and head against the wall throughout the movement.</li> <li>▪ Work through a full range of motion.</li> </ul>