

Standing Wall Wall Glides



Reps:

Sets:

Duration:

Instructions:

1. Bring arms out to your side to 90 degree angle and bend elbows 90 degrees, fingers pointing up, back of hands and arms against the wall
2. Keeping your shoulders, arms and hands on the wall, slowly bring your fingertips together above your head (only raise to comfort level –keeping arms against the wall)
3. Return to starting position, repeat as directed by your Therapist

Position:

Using a wall as your guide, stand with your feet hip width apart, heels against the wall, toes pointing straight out. This establishes the Vertical Load Line. (ear over shoulder, over hip, over knee, over ankle) Keep your pelvis level and pressed against the wall.

Purpose: Repositions scapula, opens up shoulder joint, provides thoracic extension