

Exercise Prescription: Doorway Slides

Purpose of Exercise:

This is a self-stretch and mobility exercise for the shoulder girdle.

Starting Position:

Standing in a doorway with your arms out to either side with elbows bent. A mild stretch should be felt through the front of the shoulder; you may take a step forward/backward to achieve this.

Exercise Description:

From the starting position, raise your arms along the wall as far as you can upward, taking care not to shrug the shoulders towards the ears.

Pictures:

