

Exercise Prescription: Standing W's

Purpose of Exercise:

This is a strength and stability exercise for the posterior rotator cuff and scapular depressors and retractors.

Starting Position:

Standing shoulder width apart. Shoulders are down and back away from your ears. An elastic band is held in the hands, palms facing upwards.

Exercise Description:

From the starting position, pull the band apart, keeping your shoulders from shrugging up towards the ears and squeezing the bottom of your shoulder blades together. Hold for 4-6 seconds and then return to the starting position.

Pictures:

