

Exercise Prescription: Reach Roll and Lift

Purpose of Exercise:

This is a stability exercise for the shoulder girdle with an emphasis on lower trapezius activation.

Starting Position:

On your knees and forearms as shown (1).

Exercise Description:

From the starting position, with your palm down, reach one arm forward as far as you can, disconnecting the shoulder from the rib cage and allowing it to raise up towards the ear (2).

Next roll your thumb up and out as far as you can, externally rotating at the shoulder (3). You should feel the shoulder re-connect with the rib cage.

Now, lifting from the mid-back, raise your arm off the ground and hold for 4-6 seconds. Then return to the starting position.

Pictures:



1



2



3



4