

## Exercise Prescription: Theraband Wall Walking

Purpose of Exercise: This is a shoulder exercise aiming to improve shoulder positioning and improve comfort with overhead activities.

Starting Position: Standing close to a wall, holding a theraband, elbows bent and tucked into your body. Hold tension in the band by keeping the elbows tucked in while pulling your hands away from each other.

Exercise Description: While keeping your palms up and maintaining tension in the band, walk your knuckles up the wall as high as you are able to. Slowly walk your knuckles back down to their starting position. Try to keep your shoulders from hiking up to your ears while performing. Keep tension in the band and keep your palms facing upwards at all times.

Pictures:

