

Exercise Prescription: Flapping Bird

Purpose of Exercise:

This is a mobility and stability exercise for the shoulder.

Starting Position:

Lying on your stomach with both hands behind the back as shown (1).

Exercise Description:

From the starting position, raise your hands and elbows up (2) so that your arms are not contacting your low back or the table/floor. Now, maintaining this height with your hands, and taking care not to shrug our shoulders, bring your arms up overhead (3-4), flipping your palms downward as you reach past 90 degrees at the shoulders. Bring your arms back down (2) and then let your arms relax down (1).

Make sure to maintain normal breathing throughout this exercise.

Pictures:



1



2



3



4