

## Exercise Prescription: Forearm Wall Slides

### Purpose of Exercise:

This is a stability and motor control exercise for the shoulders.

### Starting Position:

Standing about 1 foot length away from a wall, feet shoulder width apart, supported on your elbows. Holding an elastic band in the hands or looped around the wrists as shown.

### Exercise Description:

From the starting position, pull the band apart until your elbows and wrists are about shoulder width apart. Maintaining this stretch on the band, slide your arms up along the wall as far as you can, then return to the bottom position. Repeat this 8-12 times.

Remember to breathe normally during this exercise. Take care not to let the shoulders shrug up towards the ears.

### Pictures:

