

Exercise Prescription: Supine W's

Purpose of Exercise:

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

Starting Position:

Lying down on your back. Shoulders are down and back away from your ears. You may place a foam roller or half roll under your back if you have trouble keeping the shoulders down and back. 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:

