

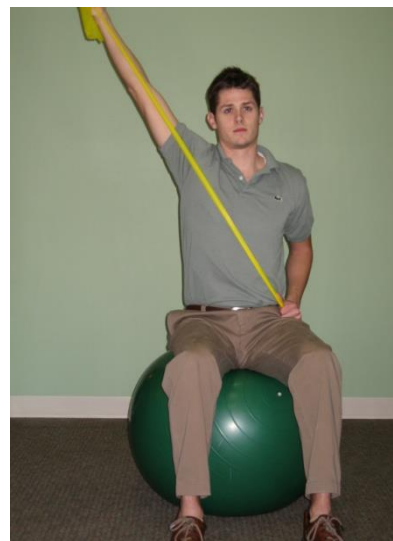
## SHOULDER BLADE OR SCAPULAR STRENGTHENING EXERCISES

### DIAGNOL THERABAND SCAPULAR STRENGTHENING EXERCISE

Start Position



Finish Position



- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week



*WE MAKE PHYSICAL IMPROVEMENTS IN THE LIVES OF EVERYONE WE TOUCH*

Visit us at [www.FreedomPT.com](http://www.FreedomPT.com)

6908 N. Santa Monica Blvd.  
Fox Point, WI 53217  
(414) 352-2082

1235 Dakota Dr., Suite L  
Grafton, WI 53024  
(262) 376-2085

14625 W. Capitol Dr., Suite 200  
Brookfield, WI 53005  
(262) 790-9800

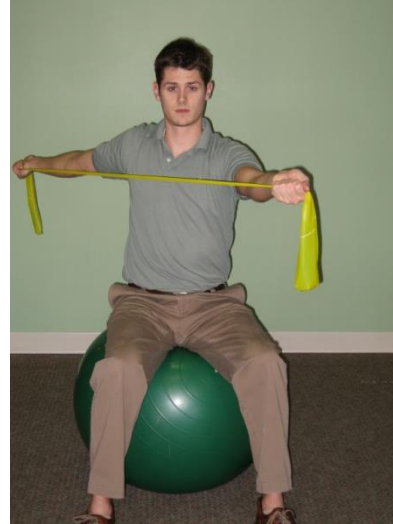
111 Atkinson St., Suite 2  
Mukwonago, WI 53149  
(262) 363-3268

## HORIZONTAL ADDUCTION THERABAND SCAPULAR STRENGTHENING EXERCISE

Start Position



Finish Position



- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week



*WE MAKE PHYSICAL IMPROVEMENTS IN THE LIVES OF EVERYONE WE TOUCH*

Visit us at [www.FreedomPT.com](http://www.FreedomPT.com)

6908 N. Santa Monica Blvd.  
Fox Point, WI 53217  
(414) 352-2082

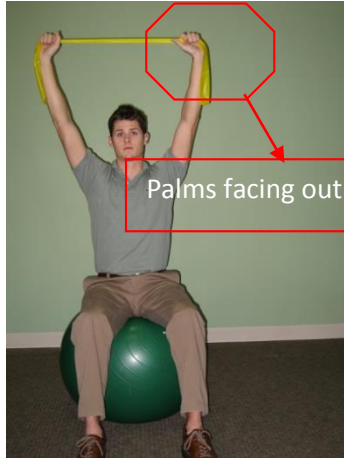
1235 Dakota Dr., Suite L  
Grafton, WI 53024  
(262) 376-2085

14625 W. Capitol Dr., Suite 200  
Brookfield, WI 53005  
(262) 790-9800

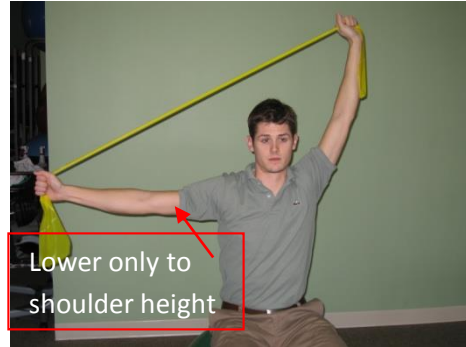
111 Atkinson St., Suite 2  
Mukwonago, WI 53149  
(262) 363-3268

## LATISSIMUS THERABAND STRENGTHENING EXERCISE

Start Position



Finish Position



Alternate View



Theraband should be behind head

- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week



*WE MAKE PHYSICAL IMPROVEMENTS IN THE LIVES OF EVERYONE WE TOUCH*

Visit us at [www.FreedomPT.com](http://www.FreedomPT.com)

6908 N. Santa Monica Blvd.  
Fox Point, WI 53217  
(414) 352-2082

1235 Dakota Dr., Suite L  
Grafton, WI 53024  
(262) 376-2085

14625 W. Capitol Dr., Suite 200  
Brookfield, WI 53005  
(262) 790-9800

111 Atkinson St., Suite 2  
Mukwonago, WI 53149  
(262) 363-3268