

Serratus Slides / Lower trapezius slides



Begin standing 8-12 inches from wall so that forearms are not touching wall and elbow and shoulders are flexed to 90 degrees. Reach for wall with arms protracting shoulders so the shoulder blades move away from spine. Note: Keep ribs tucked (do not over arch back or lean body into wall). Also nod chin slightly.



Slide forearms up wall trying to avoid excessive shoulder blade elevation. Hold 5 seconds, lower, remove arms from wall and repeat. Do 10 reps.



To progress to lower trapezius strengthening, set up as above. Arms will go out to sides straightening elbows as show. When at maximum height without excessively hiking shoulders blades (its natural to elevate slightly) lift arms off wall and hold 5 seconds. Repeat 8-10 reps.

