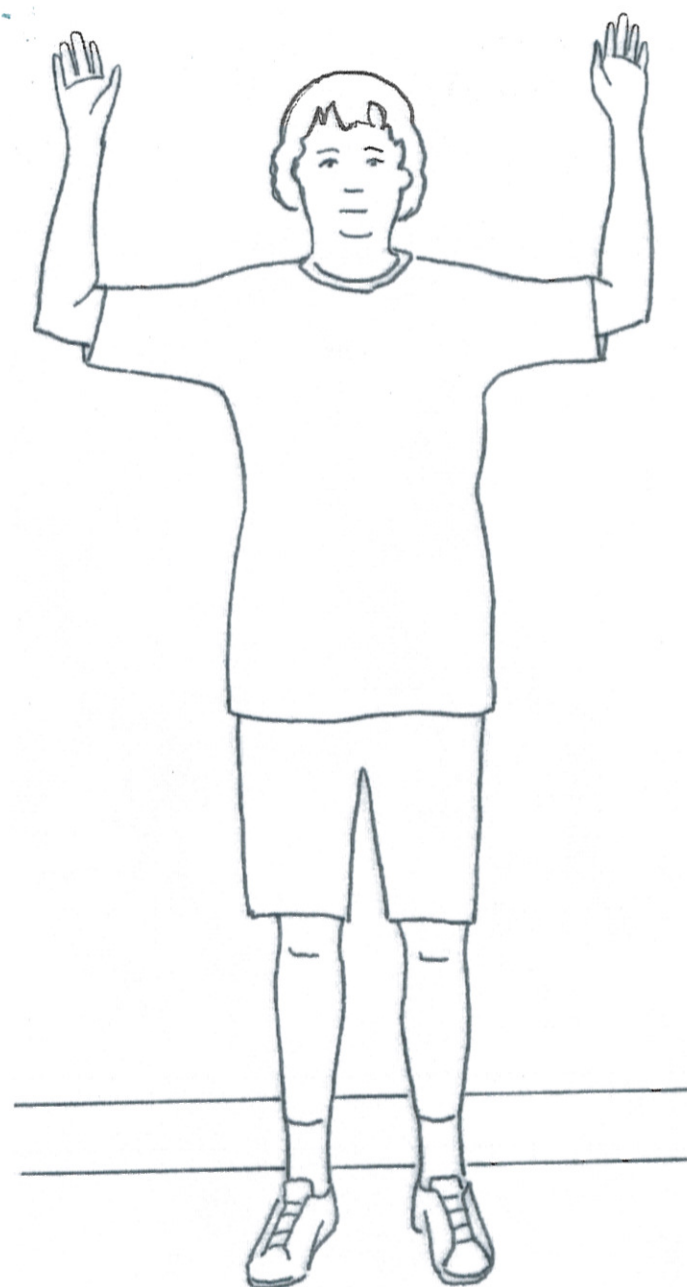
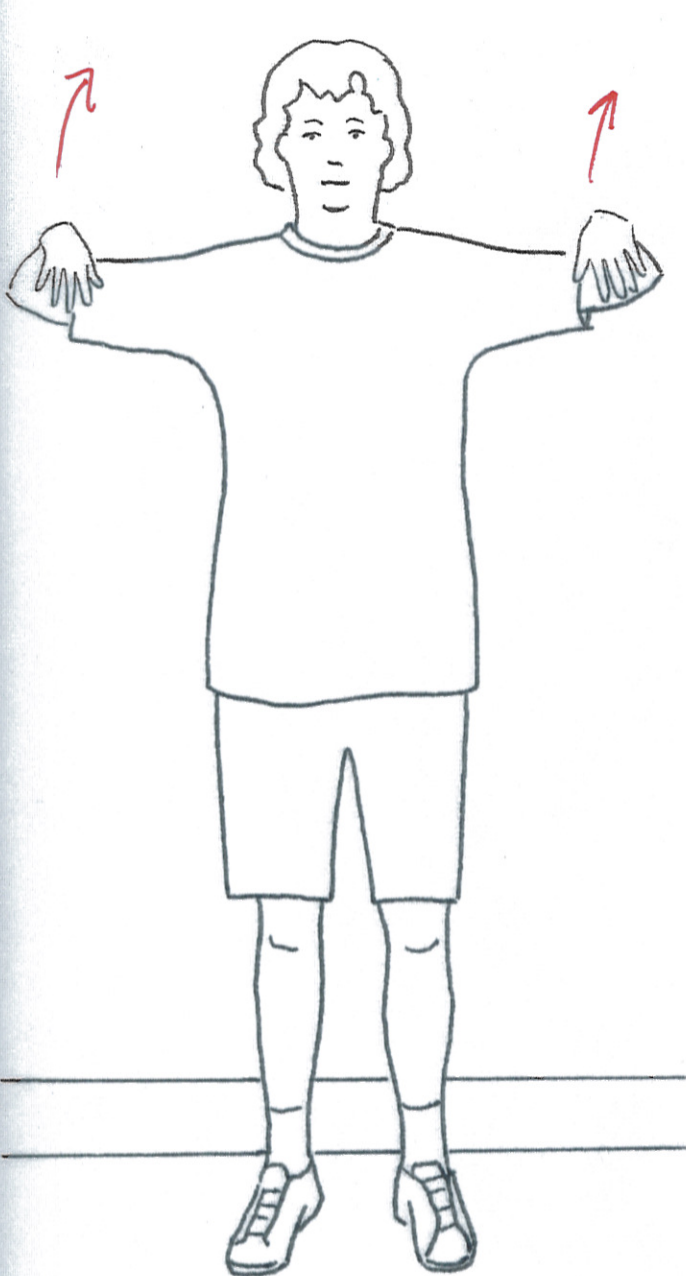


## Wall Slide- Shoulder Rotation



**Instructions:** Back up and lean on a wall, heels 6" from wall. Your head, shoulders and bottom should be resting on the wall. Raise your elbows to shoulder height and press them into the wall. If you are able, move your hands toward the wall in a "Stick'em -Up" position. You will feel stretch in the shoulders and front of chest.