

WALL CLIMB



Starting Position

- Standing facing a wall, with your feet approx 10cm away from the wall
- Place the un-operated arm behind your back, on the edge of your shoulder blade (or place both hands in front of you on the wall)
- Rest the fingers of your operated arm on the wall



Movement

- Exhale. Set the muscles between your shoulder blades and crawl your fingers up the wall
- Try and reach your arm up as far as it will go without letting your shoulder blade wing out
- Inhale. Return your arm to the starting position
- Repeat 3 – 5 times

Notes:

- Keep your shoulders and neck relaxed and uninvolved throughout the exercise