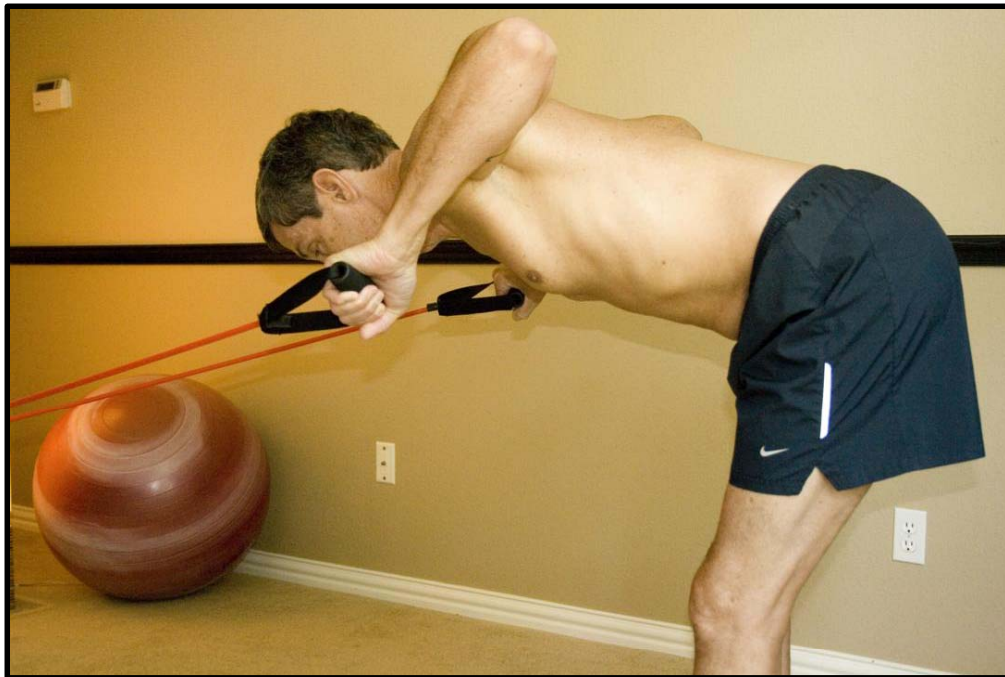


Shoulder/Back Strengthening Exercise Spinal Erectors, Rhomboids & Middle and Lower Trapezius



- Step 1: Secure Thera –Band on stationary object, hold ends in hands
- Step 2: Bend forward , arms out 90°, elbows bent
- Step 3: Keep arms in this position, slowly stand up straight
- Step 4: Bring elbows backward, squeeze scapula together, hold 2 seconds
- Step 5: Slowly return to starting position
- Step 6: Do not arch back, keep head in neutral position
- Step 7: Repeat 8-12 times