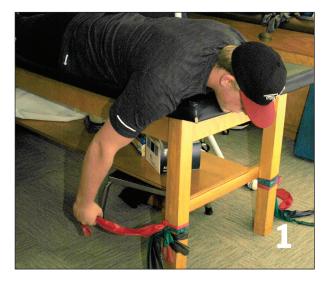


Prone Horizontal Abduction with Scapular Retraction

INSTRUCTIONS

2 Sets, 15 Reps, 1 time every other day. Hold end-point (Step 2) for 3-5 seconds. No weight is to be used with this exercise.





Questions or concerns? Contact Mike Howell at 859.258.8520.