



Lexington
Clinic
Orthopedics
Sports Medicine

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.