

## Exercise Prescription: Wall Angels

### Purpose of Exercise:

This is a mobility and stability exercise to help increase scapular stability and shoulder mobility.

### Starting Position:

Standing with your back against a wall with feet shoulder width apart and 1-2 inches away from the wall. You should be contacting the wall on 3 points: Your tailbone, your mid back, and the back of your head. Bring your arms up and make contact with the wall with your elbows as shown (1). If your mobility permits, also bring your wrists and fingers to make contact with the wall.

### Exercise Description:

From the starting position, maintaining contact with the wall, slide your arms up as far as you can (2) without letting your shoulders shrug up towards your ears (3-incorrect). Then, bring your elbows down along the wall until they make contact with your torso (4). Repeat this movement 8-12 times.

Make sure to maintain normal breathing and take care not to arch the low back during this exercise.

### Pictures:



1



2



3 (incorrect)



4