

**FIGURE 24-27.** Alternative wall slide exercise. **(***A***)** Contralateral rotation lengthens the right levator scapula muscle. **(***B***)** Ipsilateral rotation lengthens the upper fibers of the right trapezius muscle.

Hall & Brody: The rapeutic Exercise: Moving Toward Function, 2nd Edition 2005, Lippin cott Williams and Wilkins