

Purpose: To progressively strengthen your serratus anterior

Level I: Backlying isometric with arm overhead

Starting position: Lie on your back with one to two pillows positioned above (not under) your head.

- Movement technique:**
- Raise your arm overhead, close to your ear, until it reaches the pillow.
 - Gently but consistently push your arm backward into the pillow and hold for 10 seconds.



Level I
Dosage
 Sets/repetitions _____
 Frequency _____

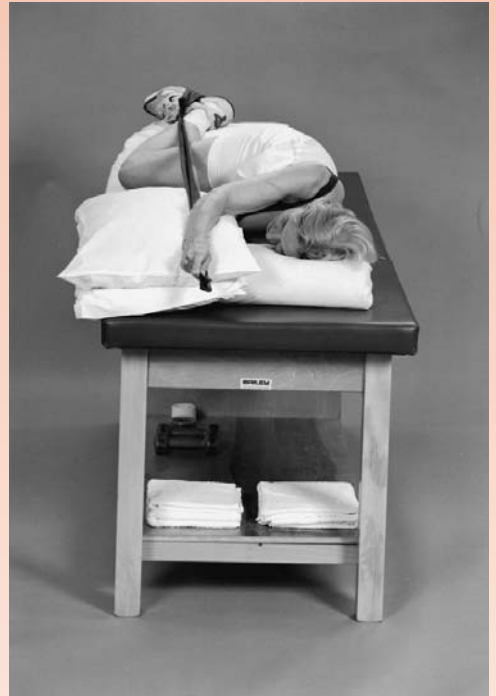
Level II: Sidelying with dynamic arm slide

Starting position: Lie on your side with two to three pillows in front of your head and shoulders. Bend your hips and knees. Rest your arm on the pillows with your elbow bent. Grasp the prescribed color of elastic band in your hand and attach the other end to your top foot.



Level II, start position

- Movement technique**
- Slide your arm upward toward your head, keeping it in contact with the pillows.
 - Slowly lower the arm back down to the starting position. Do not pull the arm back down, but slowly lower it against the resistance of the elastic.



Level II, end position
Dosage
 Color of elastic _____
 Sets/repetitions _____
 Frequency _____

Level III: Standing back to the wall and arm lift

Starting position: Stand with your feet about 2 to 3 inches from the wall. Your head should be against the wall. If you cannot bring your head against the wall, place one or two small, rolled hand towels behind your head. Pull in your stomach to rotate your pelvis backward and reduce the arch in your back. You should be able to place one hand between your lower back and the wall. If there is more space between your back and the wall, bend your hips and knees slightly to reduce the pull from your hip

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