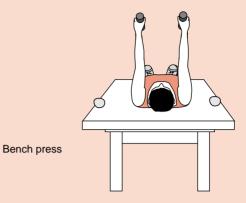


## DISPLAY 26-9 Shoulder Girdle Conditioning Program

• Bench press (flat, incline, decline)





• Prone middle and lower trapezius





· Latissimus pulldown





• Lateral deltoid raise—in frontal plane or scaption (through full range of motion) or



Wall arm lift scapular plane



Lift through full range to wall

(continued)

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