

## Side Lying Shoulder Retraction

### Exercise Purpose:

To activate and strengthen your lower trapezius and muscles towards the midline of your shoulder blade (the top arm is being strengthened in the pictures)



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=749>

### Key Points:

- Lie on your side with 1-2 pillows supporting your head and 3-5 pillows supporting the top arm.
- Keep your body lying side-on with your knees bent
- You are strengthening the top side/lower trapezius not the bottom side during the movement
- Keeping your elbow straight reach your top arm out in front of your as far as you can.
- Make sure the top arm is resting on the pillows throughout this whole movement
- Slowly squeeze the muscles on the inside and beneath your shoulder blades and bring your top shoulder blade down and in towards your spine/midline. Keep your elbow straight the whole time
- Do not let your top shoulder creep up towards your ears and keep the rest of your body still throughout the whole movement
- Then slowly release the arm out in front of you letting your shoulder blade rotate around your rib cage away from the centre of your spine
- Breathe out as you pull in and in when you release your arm again
- Keep the movement slow and controlled throughout