

W's and Dynamic Hugs



- 1.) Grip a piece of Tubing or Thera-band leaving about 8 inches between your hands.
- 2.) Keep your shoulders down and elbows in close to your body and rotate your arms outward.
- 3.) Pinch your shoulder blades down and together while performing this exercise.
- 4.) Hold about 5 seconds and repeat 10-15 reps for 3-4 sets or as directed by your doctor.



- 1.) Wrap a piece of Thera-band or tubing behind your back.
- 2.) Let the band be on top of your arm but not on top of your shoulder
- 3.) Grab the ends of the band so there is moderate tension on the band
- 4.) Push your arms out while feeling you are trying to push your shoulder blades as far



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