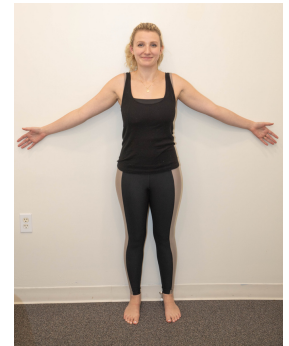
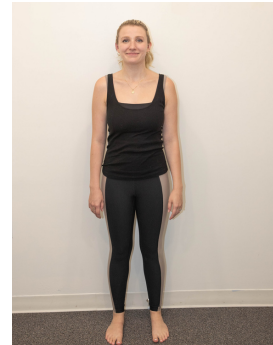




HEALTHY ROUTINES EDUCATIONAL SERIES

Wall Angel*

- Place heels, calf, buttocks, shoulders, and head against the wall.
- Place the back of your hand against the wall (palms facing forward)
- Slowly raise your hands in an upward arc motion while keeping all body parts against the wall.
- If your hands or body parts move away from the wall, lower your arms back down to where everything is touching the wall comfortably. Continue to hold and try to raise again.
- The goal is to maintain contact with all parts against the wall while bringing your hands above your head.
- If you are able to move your arms up and down without moving from wall repeat the exercise 3-5x/day.



**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

Benefits:

- Decrease a forward head position
- Reduces Pec major and Pec minor tension
- Reduces rounded shoulders and upper back "hump"

Scan for video tutorial

