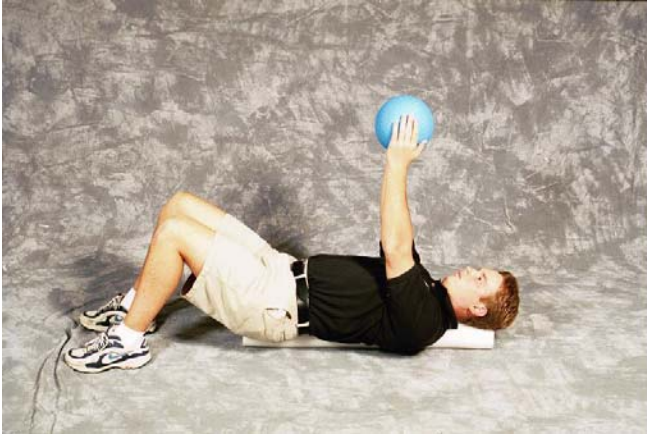


Re-Educate

SUPINE ON FOAM ROLL ARMS OVERHEAD SCAPULAR PROTRACTION/RETRACTION



73 A: Start



73 B: Finish

Purpose: Improve scapular stabilization.

Benefit: Improves proper shoulder blade control throughout swing.

Instruction: Lie on foam roller, knees bent and both arms extended up toward ceiling. Reach one hand up toward the ceiling as much as possible, then while keeping elbow straight and arm up toward ceiling, lower shoulder as if to squeeze shoulder blade around foam roll. You will feel your shoulder blade gliding away from your spine.

Quantity: Reps _____ sets _____

