



Prayer Stretch With Arm Lift

Purpose:

Reeducate independent glenohumeral motion from scapulothoracic motion.

Benefit:

Reinforce scapular stability and control during full swing motion.

Instructions:

Place both hands on swiss ball. Move lower body back on heels. Relax head and arms, feeling pressure under the shoulders. Raise one arm up, squeezing shoulder blade, with thumb facing up. Hold at the top 2-3 seconds and relax slowly back down. Repeat with opposite arm.

Quantity:

Reps _____ sets _____

