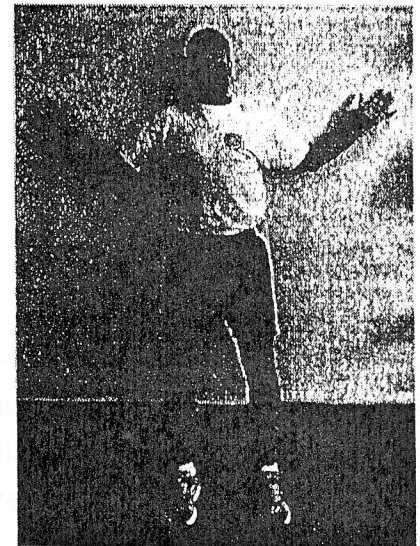
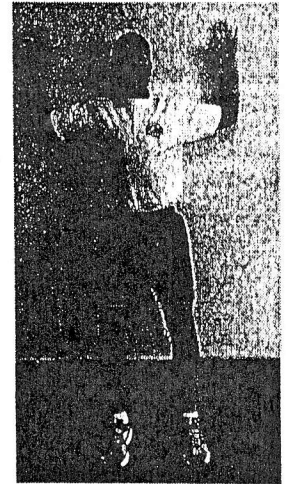


## SELF-CARE EXERCISE: STRENGTHENING-WALL ANGELS

### Performing the exercise:

1. Stand facing away from an empty section of wall. Lean back, making contact with the wall. Stand with your heels six to eight inches from the baseboard, knees comfortably bent. Raise your arms above your head so that your elbows are bent and your hands are just touching.
2. Perform a pelvic tilt so that your lower back is making contact with the wall (if possible).
3. Tuck your chin a little to lengthen the posterior cervical muscles.
4. Inhale. Then, keeping your wrists and elbows in contact with the wall, exhale and slowly lower your elbows to the level of your waistline (or as low as you can go without your wrists or elbows lifting from the wall). If necessary, consciously utilize muscular contraction to pull the elbows lower, keeping wrists and elbows in contact with the wall.
5. Pause briefly. Then, inhale as you slowly bring your arms back overhead to the starting position—all the time keeping your elbows and wrists in contact with the wall.
6. Repeat steps 4 and 5 up to 20 times or until you experience fatigue. This number can be increased as you become stronger and acquire more range of motion.



### Special Instructions /Precautions:

As always, if you experience pain or excess discomfort during the exercise, diminish the amount of muscle contraction or the range of movement. Perform the exercise slowly and be sure to consciously contract the external rotators and scapular retractors / depressors.

### Frequency:

This exercise can be performed daily.

### Benefits:

This movement reinforces retraction of the shoulder and neck muscles, stretching the upper trapezius, and stabilizing the shoulder through improved muscle balance. It is ideally suited for easing strain caused by forward head posture and rounded shoulders (protraction and elevation).