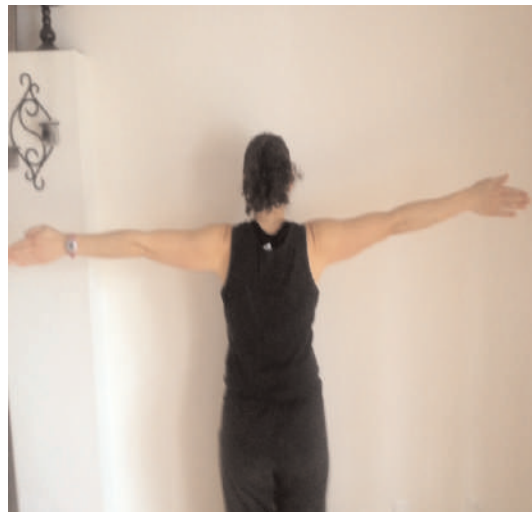


Shoulder/Thoracic Mobility

**Wall slide with shoulder
press**



**T position shoulder blade
squeeze**



Perform 2x/day for 20 reps

www.youtube.com/watch?v=HtaeEh59zAc