

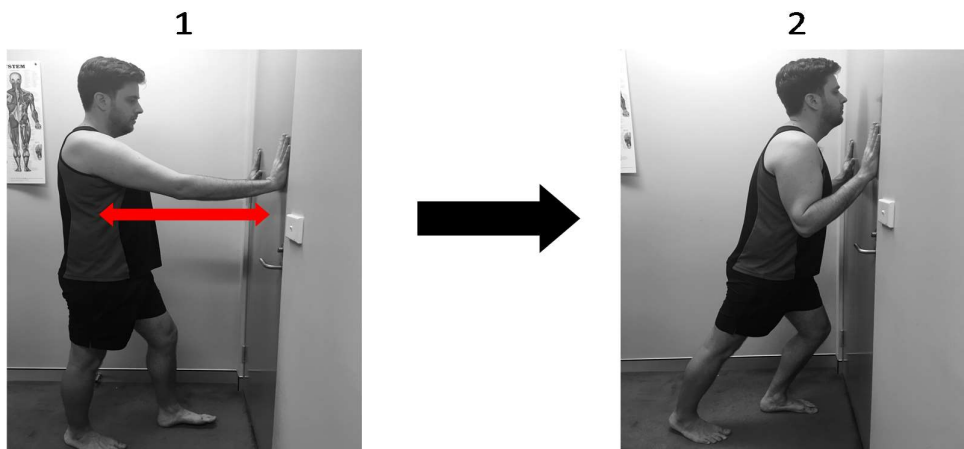
Progressive Closed Kinetic Chain Exercises

DO NOT PUSH PAST YOUR PAIN THRESHOLD

Do 10 repetitions 4 times a day

Wall Walks

- Stand facing the wall, with both hands on the wall in front of you.
- Pick a height that is comfortable for you, where your shoulders are relaxed, and you are standing symmetrically.
- Walk towards the wall, keeping your hands in place, and then walk away, bending and straightening your elbows as you do so.
- Keep your arms along the plane of your body, do not let your elbows stick out to the side.



Standing

- Standing, interlock your hands together in front of you, with your hands at about waist level.
- Reach both hands out to the front, aiming up and out, towards eye level, straightening your elbows as you do so.
- Bring your elbows back towards your sides as you return to the starting position.

