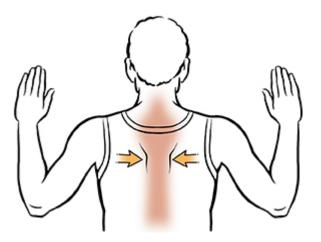
Standing Scapular Pinch

- 1. Stand up straight. Raise each arm up to the side, bent at 90-degree angles with palms forward.
- 2. Squeeze your shoulders back, pushing your shoulder blades toward each other. Hold for 5 seconds, or as instructed.
- 3. Relax. Repeat 5 times, or as instructed.



© Krames Page 1 of 1