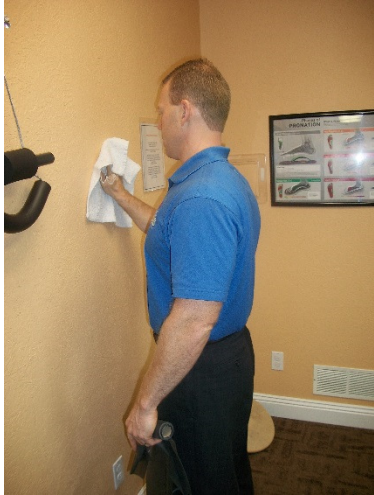


MILLS CHIROPRACTIC CENTER

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Supraspinatus Exercises



Supraspinatus Wall Press

Stand one step away from a wall. Hold a towel in your hand pressed lightly against the wall (enough pressure to hold the towel against the wall). Slide the towel up and away from your body at a 45 degree angle as shown in the picture. **Repeat this for 3 sets of 12-15 repetitions.**



Supraspinatus Abduction Exercise

Stand with one end of the band under your foot and the other end in your hand with your thumb facing down. Keep your elbow straight and raise your arm to shoulder level, out to the side. **Repeat this for 3 sets of 10 repetitions.**