

# Kneeling Scapular Depression

## Instructions

TheraBand: place knot of TheraBand over the door and make sure to close tight.

1. Kneel immediately under the band. Tighten band and grab with arm closest to the door.
2. Keep elbow and shoulder straight. Do not bend at either.
3. Focusing on latissimus dorsi and lower trapezius, move scapula downward.
4. Repeat other side.

Note: place opposite hand on upper trap/levator to make sure it is not firing.



Duration/Sets:

Repetitions:

Frequency: