

# Scapular Depression w/ Hip Hinge



## Instructions

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

1. Take an athletic stance with knees partially bent.
2. Hinge at the hip, maintaining a neutral spine.
3. Focus on firing the latissimus dorsi and lower trapezius muscles to slowly move the scapula inferiorly.
4. Keep the elbow and shoulder straight. Do not bend.
5. Repeat opposite side.