

# Static Back Goal Posts



Reps:

Sets:

Duration:

## Instructions:

1. Extend your arms out to your sides and bend your elbows upwards to create a 90 degree angle (Goal Posts)
2. Take a deep breath in and exhale out, then medially rotate your shoulders (humerous), bringing your palms down towards the floor (towards your hips). Note: do not go past the point of pain when rotating to the floor- only as far as you can)
3. Externally rotate your arms bringing your hands above your head and the back of your hand to the ground. Repeat as directed by your therapist

## Position: Static Back

Lying on your back, place your legs on a chair, at a 90 degree angle (if heels are beneath your knees, use a towel or pillow as a bolster to raise them to 90 degrees), keeping your ankles, knees, hips, and shoulders aligned. Arms are out to your side at a 45 degree angle, palms up.

**Purpose:** This position utilizes the floor and gravity to take out any rotations in the body. It isolates the pelvis and creates a horizontal weight load line between the pelvis and the shoulders. This position helps prevent compensation from occurring while performing other types of muscular work. Putting the humerous through medial and external rotation repositions the shoulder joint, scapulae, A-C joint. Opens chest.