

## Preparatory Exercises

# Shoulders: Protraction–Retraction

**Starting Position:** erect, with your feet parallel and open hip width apart.

Join your hands behind the back with the fingers interlaced and breathe out.

As you breathe in move the shoulder blades closer together and slightly raise the straightened arms pushing the shoulders back. The chin will follow the movement and thus open up.

Maintain precise abdominal control.

Exhaling, relax and move the shoulders slightly forward from the neutral position. The chin returns to neutral.

Repeat 3–7 times.



**Contraindications:** some shoulder–joint related pathologies.

**Benefits:** increases mobility and awareness of the shoulder joint.