

by CNS

THE MOVES: Performing a shoulder-raise motion with the torso in a horizontal position.

WORKS ON: Shoulder-blade stabilization, rotator-cuff strengthening.

SHOULDER ON - Firefighter Phil Valoff demonstrates the prone shoulder flexion. CNS Photo by Nadia Borowski Scott. **SETUP:** Place one hand and the same-side knee on a bench with the hip and shoulder 90 degrees to the torso. The palm of the free hand should face the bench.

STEPS: Grasp a small dumbbell (1-5 pounds) in the free hand and let the arm dangle naturally toward the ground. Initiate the movement by squeezing the free shoulder blade toward the spine and down the back. Stabilize the shoulder blade in this position and raise the arm from the start position until it is parallel with the ground and the thumb points toward the ceiling.

REPETITIONS: Perform three sets of 15-30 repetitions.

PRECAUTIONS: Avoid using more than 5 pounds for rotator-cuff strengthening. Shoulder-blade stabilization is key to all rotator-cuff exercises. Ensure the head and neck stay aligned with the spine.

OPTIONS: This exercise can be done lying on a table or bent over from the waist. If performing this in a bent-over position, bend the knees to protect your back. Very light rubber tubing can be substituted for the resistance.

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