

Wall Angel Exercise

- Stand against a wall with your heels about 6 inches from the base of the wall
- Make sure your butt, shoulders, and back of head are pressed against the wall
- Bring your arms up. Shoulders and Elbows at 90°
- Slowly slide your elbows up the wall and hold for 10 seconds
- Bring your arms back down and try to tuck your elbows into your side
- Repeat 5-10 times
- If there is any pain please stop the exercise

Click [here](#) for a video of this exercise.