



## Supine on Foam Roll Arms Overhead Scapular Protraction/Retraction

Purpose:

Improve scapular stabilization.

Benefit:

Improves proper shoulder blade control throughout the golf swing.

Instructions:

Lie on foam roller, knees bent and both arms extended up toward ceiling. Reach one hand up toward the ceiling as much as possible, then while keeping elbow straight and arm up toward ceiling, lower shoulder as if to squeeze shoulder blade around foam roll. You will feel your shoulder blade gliding away from your spine.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

