

SUMMARY UPPER LIMBS

- #1. Scapular elevation : 3 x 10
- #2. Unilateral loading : 1 min. on each hand
(with rest as needed)
- #3. Clap push-up : 3 x 10
- #4. Wrist push-off in weight bearing : 3 x 10 slow
and controlled or 50 explosive reps