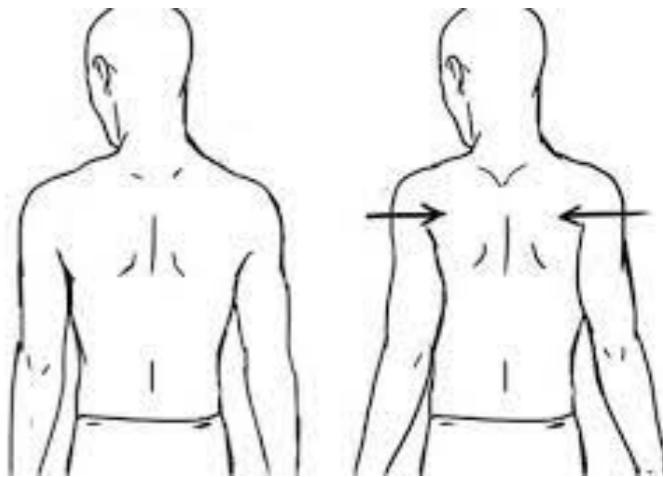


# Shoulder Retractions

**Do it Right!**  
Exercises you Should Do

**Types (progression):** Like the Chin Tuck I consider shoulder retractions a foundation exercise and a restorative movement. You can perform it with arms by side as well as bent at different angles. You can also perform it standing, sitting, and in a quad position on floor. The key feature is to move your shoulder blades together and hold isometrically at end position with a isometric contraction that is 10 to 50% of full contraction. **Performance:** Strengthen with 1 or more repetitions for 1-3 x sets throughout the day. You should try to do it once a hour. **Form:** Standing or Sitting up tall, while looking straight ahead, gently glide your chin straight back. It's a small movement as if you are trying to make a double chin. Don't tilt your head or bend your neck. Now squeeze your shoulder blades together evenly. Hold, relax, and then repeat. You can do this same motion with different elbow and hand positions. (See L, Y, T, W, O Formation for more advanced version).



**Chin tucks and Shoulder Retractions are the key exercises recommended for keeping the head aligned above the spine, which helps avoid poor forward head and rounded shoulder posture. Think of them as key core exercises for your upper body. You can do them often and almost anywhere. When done regularly**

**and with proper form scapular retractions can help improve the neck and shoulder's strength, flexibility, and function.** The shoulder requires both mobility and stability in order to support and stabilize the rest of the upper extremity. This exercise aid in that. Weakness of the scapular stabilizers and resultant altered biomechanics could result in: 1) abnormal stresses to the anterior capsular structures of the shoulder, 2) increased possibility of rotator cuff compression, and 3) decreased shoulder complex neuromuscular performance (see research). If rhomboid ( a muscle between the shoulder blades ) weakness is present, the scapula will be unable to achieve full retraction. Full retraction is essential not only for overhead throwing motion, but also for swimming, weight lifting and overhead sports. **Poor movement patterns and/or deficits in muscle strength at the scapula can lead to uncoordinated movement, instability and pain/injury in the neck, shoulder, elbow, wrist, and hand.**

