

Figure 1 Wall wash-push: (a) start position and (b) end position.

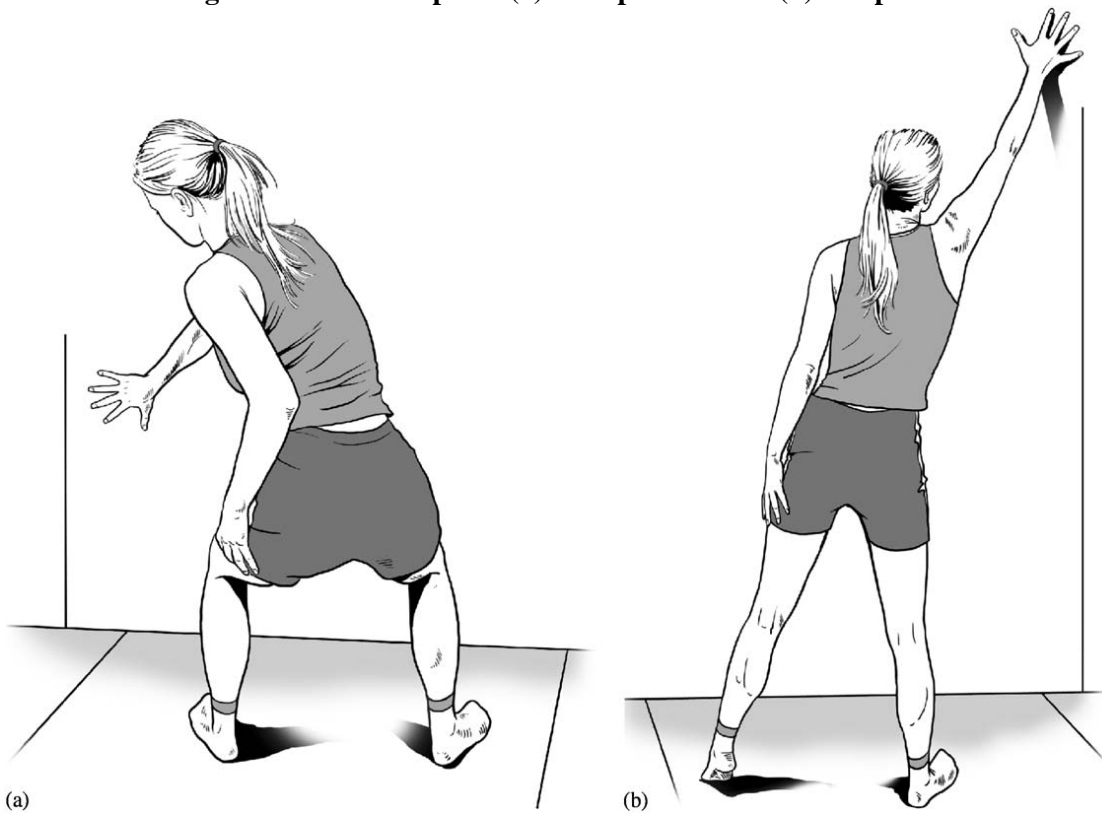


Figure 2 Wall wash-pull: (a) start position and (b) end position.

Wall wash

Purpose:

This is an important exercise to train fine motor control and coordination of the correct shoulder blade position on your back to help you avoid shrugging your shoulder(s) upwards.

Starting position:

- _ Stand in a semi-squat position or “fencers” posture at a slight angle to a nearby wall.
- _ Place the palm of one hand on the wall.
- _ Ensure that your elbow is below shoulder height and your hand is starting at shoulder height.

Exercise:

- _ Without moving your hand or arm shrug your shoulder up and then depress it down your back.
- _ Once you have developed this skill maintain your shoulder blade depressed down your back— scapular setting.
- _ With the shoulder blade or scapula set down and back slide your palm on the wall as if washing it (see [Fig. 1](#)).
- _ Bend your knees and use your whole body during the exercise.
- _ Once you are comfortable with this motion try it from a different starting position with your hand across your body (see [Fig. 2](#)).

Fine tuning:

- _ Always maintain a semi-squat position with chest up and shoulders back.
- _ Maintain the scapular setting position—down and back.
- _ Use a towel between your hand and the wall if your hand is not sliding easily.