



Figure 4 Lawn mower: (a) beginning position and (b) final position.

Lawn mower

Purpose: This exercise is designed to re-program the muscles used in pulling motions

Starting position:

_ In a standing position reach forward and grasp a pulley handle or elastic band with your hand

Exercise:

- _ Position yourself so that your opposite foot is forward
- _ Pull your hand back as if starting a lawn mower
- _ Repeat the movement slowly (**Fig. 4**)

Fine tuning:

- _ Stick your chest out (e.g. avoid stooping forward) throughout the movement
- _ Keep your shoulder blade 'set' (tilted back and down your back) while avoiding shrugging your shoulder up