



# Shoulder Retraction

## Virginia Mason Physical Therapy

- Sit or stand straight with both arms at sides, thumbs pointed out
- Draw shoulders and arms back, pulling shoulder blades down and together, while maintaining neutral head posture
- Hold three seconds, then relax
- Repeat 10 times
- Perform this exercise two times daily

Watch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)