



The Lawn Mower: **Aim:** Balance muscle synergy between the upper trapezius and serratus anterior



LAWNMOWER

Stand with feet shoulder width apart, position one arm up as if going to throw a ball, and shoulder blades pulled back (picture 1). Bend knees and hips as you reach and straighten the arm across to the opposite side of the body (picture 2). Pause briefly then slowly return to starting position (picture 3) as if pulling the rope to start a lawn mower.

********* Maintain the moving arm's elbow close to your side. If elbow is too far away from body, you are placing too much stress on the shoulder joint structures.