

**“W” Exercise (Shoulder Blade Pinch).** Sit or stand with good spine and leg posture that you maintain as you do the exercise. Place arms in a “W” position with shoulders relaxed (not hunched). Bring elbows back, pinching shoulder blades together. Hold 1-2-5. Relax. Repeat. †

Benefit: Strengthens back and rhomboids

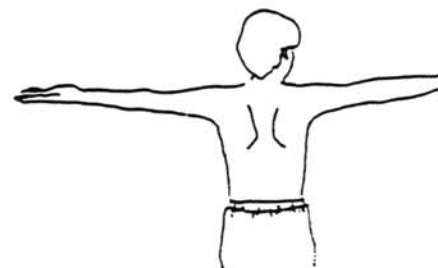
Level: 1 (sitting)  
2, 3 (standing)



**Money Exercise (Shoulder Blade Pinch).** Sit or stand with good spine and leg posture that you maintain as you do the exercise. Arms held at shoulder level with elbows straight, palms up, as if holding coins in your hands. Bring arms back, thumbs leading, pinching shoulder blades together. Hold 1-2-3. Relax. Repeat. †

Benefit: Strengthens back and middle trapezius

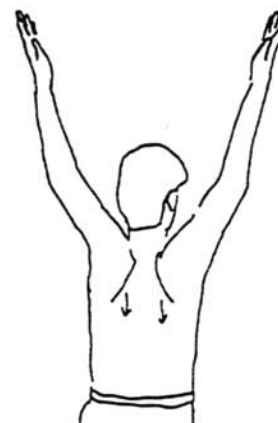
Level: 1 (sitting)  
2, 3 (standing)



**“V” Exercise.** Sit or stand with good spine and leg posture that you maintain as you do the exercise. Start with crossed arms, hands fist, and thumbs at opposite hips. Open hands, turning and lifting arms straight out in front of you and up, thumbs leading. Take arms as far toward the back as possible. Hold arms in shape of a narrow “V” and count 1-2-3. Close hands, turn and lower arms to the front starting position. Repeat. Be sure to take arms out to the front and not out to the side. †

Benefit: Strengthens back and lower trapezius.

Level: 2 (sitting)  
3 (standing)



This handout was prepared by Kathy Shipp, PT, and Carleen Lindsey, PT. Content materials were adapted with permission from the Duke University Medical Center, The University of Connecticut Medical Center, and the National Osteoporosis Foundation.