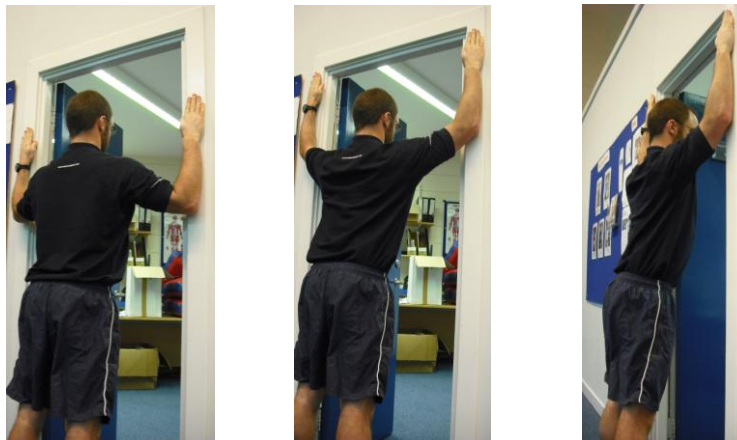


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## Doorway Slides and Wall Slides (back to wall)

### Level One - Doorway Slides

Doorway slides are for those who are immobile and unable to perform wall slides (cannot keep arms in contact with the wall). Using a door frame, place the hands, wrists and forearm on the door frame. Slide the hands up and down the frame, keeping all points in contact throughout. Avoid the head poking forward, movement should be a subtle stretch. Focus on pulling the shoulder blades down and back (humerus should not move without the scapula moving). Look to increase the range of movement by moving towards the door frame until your body is in line with the door frame.



### Level Two – Wall Slides

Standing with your back to a wall, shoulder blades, head and lower back touching the wall. Bend elbows and position the back of your arms against the wall, push shoulders, back of arms and hands into the wall. Slowly slide the arms up the wall, maintaining all points of contact. Slowly lower to the start. Avoid arching your back and maintain all points of contact throughout the movement. If you are unable to do this then drop back down to Level One – Doorway Slides.

