

# Wall W's

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Begin standing against a wall (facing away from it). Position the arms relaxed with the back of the hands against the wall: forming a W. Next, slowly slide the arms up the wall. Work to keep the entire arm and shoulders flat against the wall.



As you continue to lift the arms above the shoulder, it may become harder to maintain contact with the wall, especially if there is tightness in the pecs. Continue to fully elevate the arms straight up, working hard to maintain proper alignment and contact with the top of the scapula and the wall.



Pause at the top and then slowly lower back down now focusing on squeezing the shoulder blades down and back toward one another (think pulling the elbow into the back pocket). All motions, both going up and coming down should be slow and steady.

perform 3-4 minutes per day.

Watch video demonstration at: <https://drmartinschmaltz.com/exercises-wall-ws>