

Rhomboid Repatterning

Purpose: This homework is designed to reestablish strength and integrity within the posterior shoulder girdle since the anterior compartment tends to overpower it.

How Often: This homework should be done 3 times a week. It is best to do 3 sets of 5.

Directions: **(A)** While standing with your feet slightly staggered, bring your arms out to your side with your palms forward.

(B) Next engage your shoulders by squeezing them together. As you engage them, slowly bring your hands together inch by inch. Once this becomes easy you can do it circles clockwise and then counterclockwise. You can also start to move your hands forward and back slowly keeping your shoulder blades squeezed together. It is important to keep your shoulders engaged as you go both forward and backwards.

Make sure to keep your neck relaxed so as not to compromise your body mechanics. If this causes pain, discontinue.



A



B