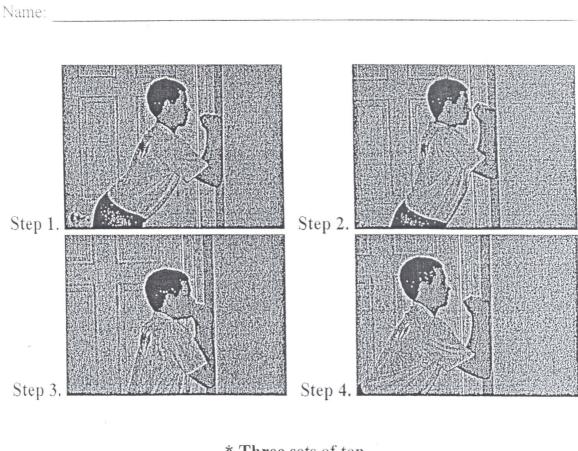
Push-up against the Wall

Patient is to assume a plank position (push-up position) modified to rest elbows and forearms. Patient then performs a push up to an inch above the hand then back to a plank position while remaining on elbows.



* Three sets of ten

2x/day 3x/day 4x/day 1x/day