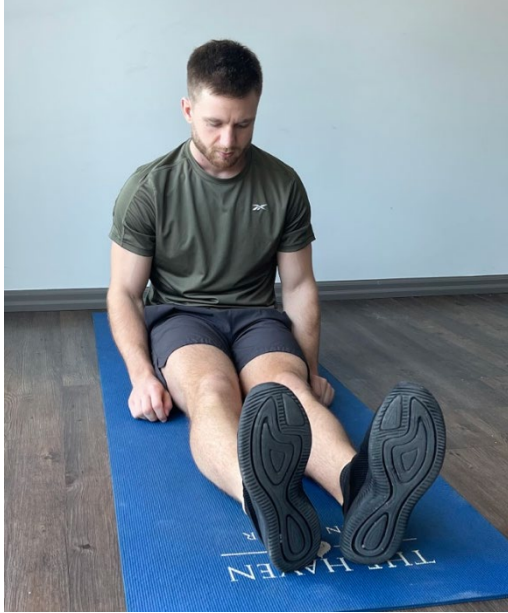


## Seated Rear Deltoid Raises



1. Sit with both your legs fully extended.
2. **Lean your upper body forward** and start with your arms at your side.
3. With your palms facing down, **raise both your arms out to the side** until they are parallel to the floor.
  - **Squeeze your rear deltoids** (shoulder muscles) at the end.
4. Lower your arms back to your sides.

Repeat for \_\_\_ repetitions and \_\_\_ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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