

Single Arm Chest Slide



1. Sit with both your legs fully extended.
2. Place your right **palm flat on the floor**.
3. Keeping your arm as straight as possible, **slide your palm across the floor out to the side**, keeping your core muscles tight.
4. **Slowly** slide your arm across the ground back toward your side.
5. Repeat with the other arm.
 - You can use a towel under your palm on a non-carpeted floor for a smoother motion.

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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