

Push and Pull

Why we do it:

Functional daily movement of bringing something closer to the body, or pushing it away from the body. Co-ordinate the muscles of the neck and shoulder girdle to place the hand in position for work. Push and Pull.

Functional Benefit:

Stability
Mobility

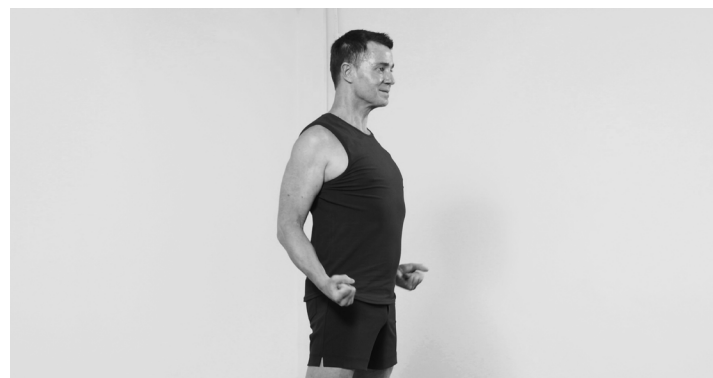


Stand in the neutral position with your feet hip-width apart. Get ready to do 2 things at once.



Hinge backwards.

Push your arms forward as if moving something heavy.



Return to neutral, bringing arms back to the side with clenched fists.