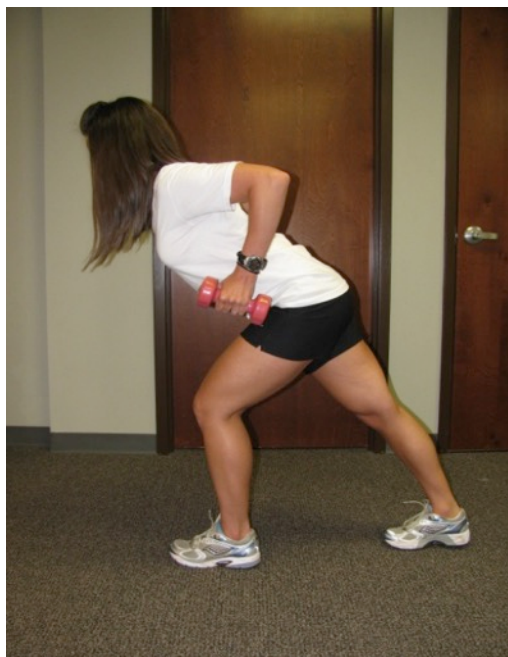
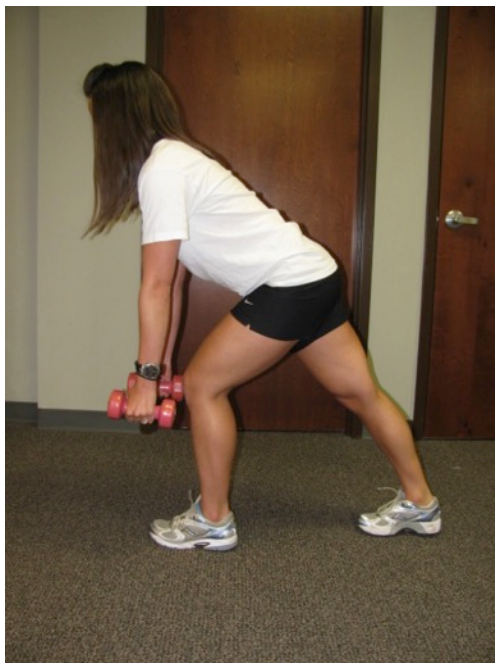




# Erbst OrthoSport

Physical Therapy



## Reach Rowing

Stand in stride stance with LEFT/RIGHT foot forward. Lean upper body forward (in line with back leg), keeping your back flat. Holding \_\_\_\_\_lb. dumbbell in each hand, draw elbows back and up towards the ceiling, squeezing your shoulder blades together. This exercise can also be performed for single arm (dumbbell in hand opposite of forward foot) and with forward knee resting on weight bench or chair.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times per day/week.

***Erbst OrthoSport Physical Therapy***

***(919) 612-1673***