

Tennessee Back Pain Center

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Serratus Loop Kneeling – Exercise Instructions

- Begin by getting on hands and knees
- Rock your butt back onto your heels.
- Drop down onto your forearms, making sure your elbows are still under your shoulder.
 - Pull your shoulder blades down and back, as if you are tucking them into your back pockets.
- Place a yellow exercise band around your hands.
 - Keeping your thumbs on the outside of the exercise band.
 - Hold some tension in the band, so it is tight.
- Using your fingers, pretend like you are holding a large dodgeball
 - Therefore, your fingers should be curled.
- From here, you are going to want to look at your hands. Try not to!
 - Keep your gaze straight down, looking at the ground between your elbows to put your neck in a neutral position.
- Breathe through your belly, keeping your back in a neutral position.
- Slowly turn your hands out, facing your palms up toward the ceiling and then return to neutral
 - You should have resistance on the band at all times.
 - Repeat 10x.
- Perform 3 times per day.
 - Or as prescribed by your doctor.
- Notes:
 - You should feel this exercise between your shoulder blades.
 - It is also okay to feel it on the front or sides of your arms.
 - You should not feel this exercise at the top of the shoulders or into the neck.
 - If you do, please consult with your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

