

**Welcome to your Workout of the Week!** Folsom Physical Therapy will demonstrate this month's exercises.

Justin Luz, Senior Physical Therapist, and Tiffany Yu, Senior Physical Therapist, will go over exercises they feel are essential in the workplace.

Justin has been a Physical Therapist for 5 years and has been with Kaiser Permanente for 4 years. He loves to lift weights, mountain bike, and play in-door soccer. In his spare time, he enjoys spending time with his 3 sons.

Tiffany has been a Physical Therapist for 10 years and has been with Kaiser Permanente for 4 years. She loves exercising and has recently developed a passion for bodyweight, mobility, and calisthenic exercises.

### **Exercise:** Wall Angels

#### **How to perform:**

- **Setup:** Begin in a standing upright position with your back against a wall.
- **Movement:** Raise your arms out to the side with your elbows bent to 90 degrees, and rest them against the wall. Slowly slide your arms straight up the wall, then lower them back to the starting position and repeat.
- **Tip:** Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.

**Duration:** Perform 1 set for 10 reps, 3x per day.

