

# POWER POSITION MATTERS

**Power Position** - examples on the left

- ✓ Elbow points down
- ✓ Arm stays close to the body
- ✓ Thumb is naturally facing up

This position keeps the shoulder strong, stable, and less prone to strain.

Examples on the right

- ⚠ Thumb turns downward
- ⚠ Elbow drifts away from the body

This creates unnecessary tension and increases the risk of **discomfort, fatigue, or injury**—especially with repetition or load.

**Elbows down – thumbs up**



**Elbows out – thumbs down**



