


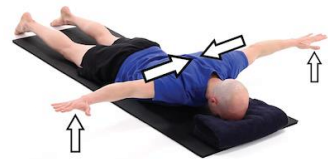


Scapular Strengthening Home Exercise Program








You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: MFRPPV5X

All exercises should be completed as 3 sets of 10 repetitions, unless otherwise instructed. Shoulder strengthening exercises should be completed 1-2 times per day, about 5 times per week. These exercises should be performed on both upper extremities following a good warm-up and should remain pain free.

<p>Prone Shoulder Blade Squeezes</p> 	<ul style="list-style-type: none"> • Begin lying face down with your arms resting to either side of your body. • Gently squeeze your shoulder blades together, then relax them and repeat. • Make sure to keep your back relaxed and do not shrug your shoulders
<p>T's</p> 	<ul style="list-style-type: none"> • Begin lying face down with arms resting on the ground straight to your sides. • Lift your arms toward the ceiling keeping your elbows straight. • Think of squeezing your shoulder blades together as you lift your arms.
<p>W's</p> 	<ul style="list-style-type: none"> • Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape. • Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms. • Make sure to keep your back relaxed
<p>Banded External Rotation</p> 	<ul style="list-style-type: none"> • Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm. • Slowly rotate your arms out to the side, then bring them back to the starting position and repeat. • Keep hips and shoulders facing forward. Think of squeezing your shoulder blades down and back as you pull your arms outward.

<p>Bilateral Rows</p> 	<ul style="list-style-type: none">• Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you, with your palms facing up.• Pull your arms back against the resistance band, bending at your elbows, then return to the starting position and repeat.• Make sure to keep your back straight and think of squeezing your shoulder blades together as you pull your arms back.
<p>Single Arm Row</p> 	<ul style="list-style-type: none">• Begin kneeling over a chair with one foot on the ground, holding a dumbbell in your hand.• Pull your arm upward, bending your elbow by your side, then lower your arm back down and repeat.• Make sure to keep your back straight, and maintain a gentle chin tuck during the exercise. Think of squeezing your shoulder blades together as you pull your arm upward.
<p>Standing Punches</p> 	<ul style="list-style-type: none">• Begin in a standing upright position with your arms straight forward at shoulder height, holding the ends of a resistance band that is anchored behind you.• Punch your arms forward, pulling your shoulder blades apart. Return to the starting position and repeat.• Keep your arms straight and do not shrug your shoulders.
<p>Quadruped Protraction/Retraction</p> 	<ul style="list-style-type: none">• Begin on all fours with your arms positioned directly under your shoulders and your back straight.• Gently arch the middle of your back, thinking of pushing your shoulder blades apart, pause, then sink, pushing your shoulder blades together. Repeat these movements.• Make sure to maintain a gentle chin tuck and do not arch your low back during the exercise.
<p>Forearm Plank with Protraction</p> 	<ul style="list-style-type: none">• Begin on all fours with your arms straight under your shoulders.• Lower onto your forearms and lift your legs up into a plank position. Slowly round your upper back, pulling your shoulder blades apart. Hold briefly, then lower back down, squeezing your shoulder blades, and repeat.• Make sure to keep your back flat and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

Shoulder Flexion



- Begin standing upright with a resistance band looped around your wrists, palms facing inward, and your elbows bent to 90 degrees.
- Gently press your hands out to shoulder width apart, then lift your hands overhead. Lower them back down and repeat.
- Make sure to keep your elbows bent and your back straight. Focus on keeping tension in the band during the exercise.