**BACKGROUND**

- **Description**
  - The scapula is the base of support to shoulder joint and all movements of the upper extremity.
  - Poor scapular stabilization can contribute to a variety of upper quadrant syndromes such as: shoulder impingement, shoulder instability, cervical strain, nerve entrapments, and muscle strains.

- **Hints**
  - While performing exercises, keep shoulder rolled back and down.

**SHOULDER ANATOMY**

- Attach theraband to a stable object at waist level.
- Roll shoulders back and down and maintain this position.
- Place towel between elbow and side.
- Slowly rotate hand **AWAY** from the abdomen.
- Hold 3 sec. Repeat 12-15 times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of scapular stabilizing muscles.

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**Scapular Retraction (Shoulder Blade Squeezes)**

- Relax head and neck.
- Stand with good posture, squeeze shoulders back.
- Avoid shrugging shoulders. Keeps abs tight.
- Hold 10 sec.
- Relax shoulder. Repeat at 10 times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of scapular stabilizing muscles.

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**External Rotation**

- Attach theraband to a stable object at waist level.
- Roll shoulders back and down and maintain this position.
- Place towel between elbow and side.
- Slowly rotate hand **AWAY** from the abdomen.
- Hold 3 sec. Repeat 12-15 times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of scapular stabilizing muscles.
**Scapular Stabilization PROTOCOLS**

### Shoulder Diagonals
Patient stands with theraband under their opposite foot
While grasping theraband, bring shoulders back and down
With your hand at your opposite hip, slowly raise it up across your body, as if you are drawing a sword.
Hold 3 seconds and repeat 12-15 times

**Frequency:** 1 set. Three times a day.
**Goal:** Increase strength of rotator cuff muscles.

### Horizontal Rows
Secure theraband around a stable object, like a pole
Patient can either kneel or stand
Grasp both ends of the theraband,
Bring shoulders back and down
Slowly pull elbows back, squeezing your shoulder blades together
Hold 3 seconds and repeat 12-15 times

**Frequency:** 1 set. Three times a day.
**Goal:** Increase strength of rotator cuff muscles.

### Shoulder Extension
Secure theraband around a stable object, like a pole
Patient can either kneel or stand
Grasp both ends of the theraband, bring shoulders back and down
With arms extended, slowly pull hands straight down until even with your hips
Hold 3 seconds and repeat 12-15 times

**Frequency:** 1 set. Three times a day.
**Goal:** Increase strength of rotator cuff muscles.

### Angel Wings
Stand with arms overhead
Keeping elbows to the side, slowly lower arms
Try put your elbows into back pockets
Squeeze shoulder blades together
Hold 10 sec. Repeat 10 times

**Frequency:** 3 sets. 1-2 times per day
**Goal:** Increase scapular strength

If strengthening exercises become too easy, the repetitions should be increased until muscle
**Scapular Stabilization PROTOCOLS**

**SCAPULAR STRENGTH EXERCISES:**

*Active: Push with a plus*

- Start in a push up position
- Hands shoulder width apart
- Keep back and hips in line
- Push through your hands, keeping your elbows straight
- Return to starting position

**Frequency:** 3 sets of 15 reps  Three times per week

**Goal:** Improve shoulder strength/endurance

*Physioball Scapular Exercises*

- Stand with hand placed on physioball against a wall
- Bring shoulders back and down
- Slowly roll hand up and down over the ball
- Maintain shoulders back and down

**Frequency:** 3 sets of 15 reps  Three times per week

**Goal:** Improve scapular strength

*Physioball Scapular Exercises*

- Stand with hand placed on physioball against a wall
- Bring shoulders back and down
- Slowly roll hand side to side over the ball
- Maintain shoulders back and down

**Frequency:** 3 sets of 15 reps  Three times per week

**Goal:** Improve scapular strength

*Platform Walks*

- Start in a push-up position to the side of a short platform or aerobics step
- Slowly walk hands up onto the platform and off the other side
- Maintain push-up position

**Frequency:** 3 sets of 8-10 reps  Three times per week

**Goal:** Improve scapular and shoulder strength