

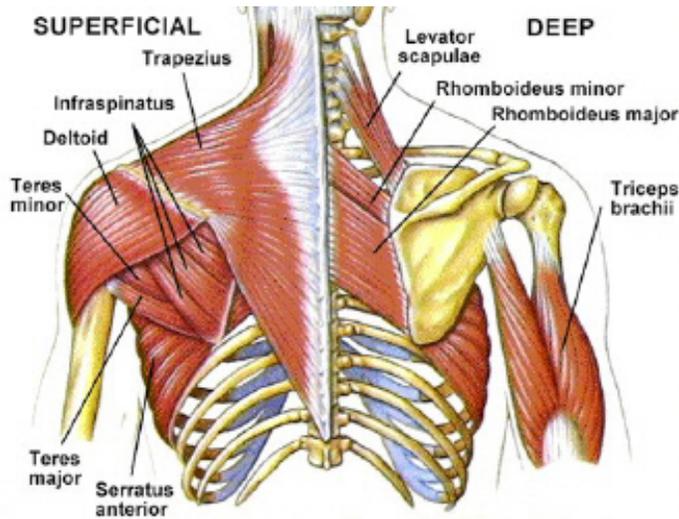


Scapular Stabilization *PROTOCOLS*

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



SCAPULAR STRENGTH EXERCISES:



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 10 times.

Frequency: 1 set. Three times a day.
Goal: *Increase strength of scapular stabilizing muscles.*



External Rotation

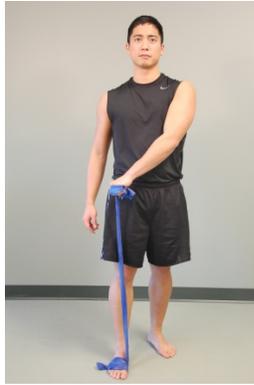
Attach theraband to a stable object at waist level
Roll shoulders back and down and maintain this position
Place towel between elbow and side
Slowly rotate hand **AWAY** from the abdomen
Hold 3 sec. Repeat 12-15 times

Frequency: 1 set. Three times a day.
Goal: *Increase strength of scapular stabilizing muscles.*



Scapular Stabilization *PROTOCOLS*

SCAPULAR STRENGTH EXERCISES:



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

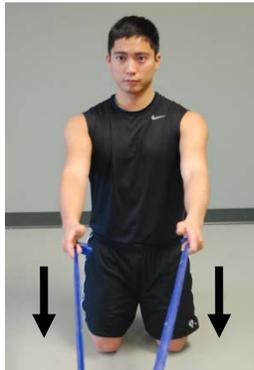
Frequency: 1 set. Three times a day.
Goal: *Increase strength of rotator cuff muscles.*



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

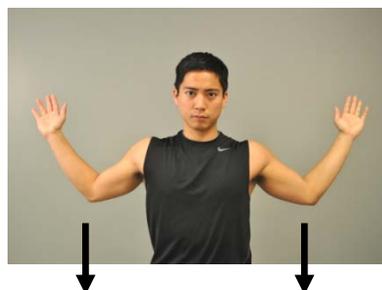
Frequency: 1 set. Three times a day.
Goal: *Increase strength of rotator cuff muscles.*



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

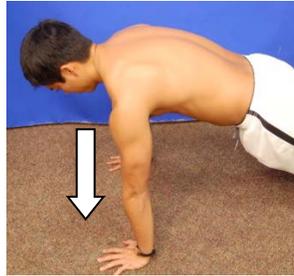
Frequency: 3 sets. 1-2 times per day
Goal: *Increase scapular strength*

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

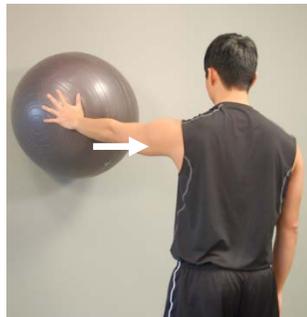
Frequency: 3 sets of 15 reps Three times per week
Goal: *Improve shoulder strength/endurance*



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

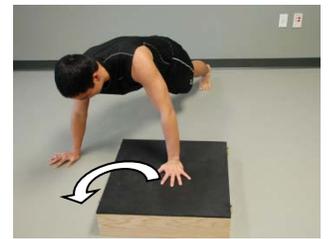
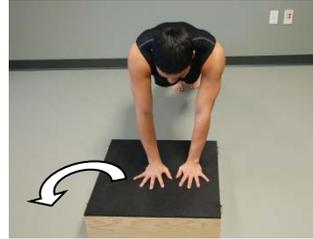
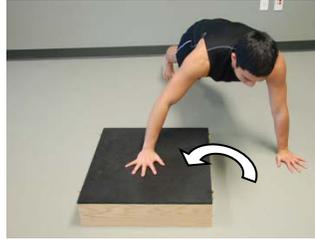
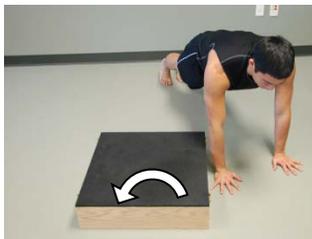
Frequency: 3 sets of 15 reps Three times per week
Goal: *Improve scapular strength*



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*