



## SCAPULAR THERABAND EXERCISES

These Theraband Exercises will help improve your strength and endurance. Your therapist will show you how and where to attach the band to get the most benefit during exercise. Do only those exercises checked by your therapist. Sit or stand as shown. Adjust the tension by tying the band in a large or small loop. Holding it closer to or farther away from where the band is attached also changes the tension.

Do each exercise \_\_\_\_\_ times a day.

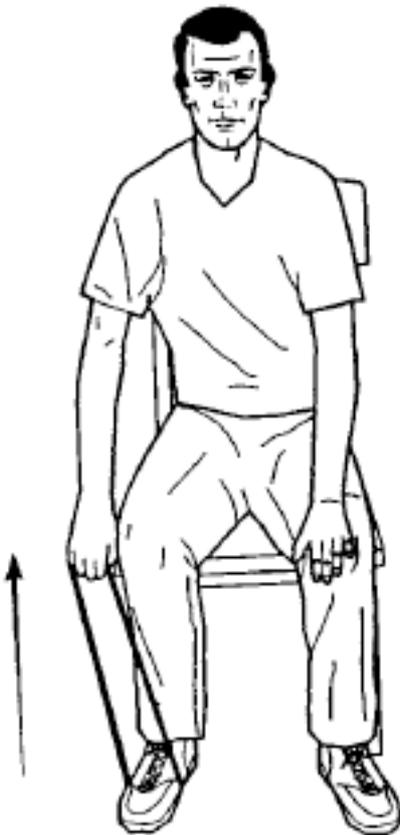
Repeat each exercise \_\_\_\_\_ times.

Use \_\_\_\_\_ band for exercises.

### SCAPULAR ELEVATION

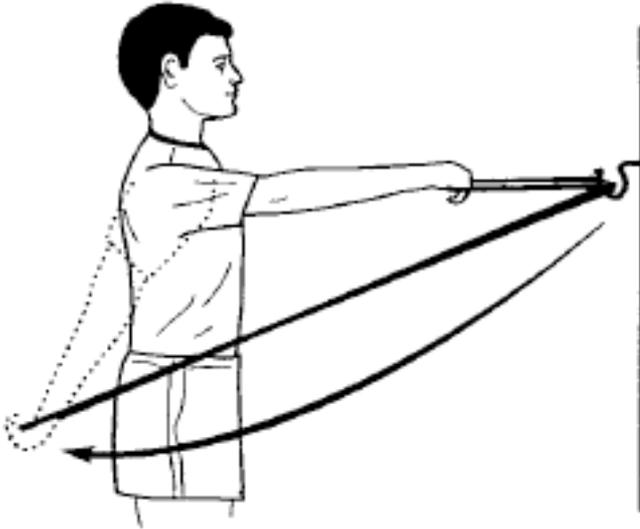
o Fasten the Theraband to the bottom of a table or chair or under your foot.

o Keep your arm straight down to your side and shrug your shoulder upward.



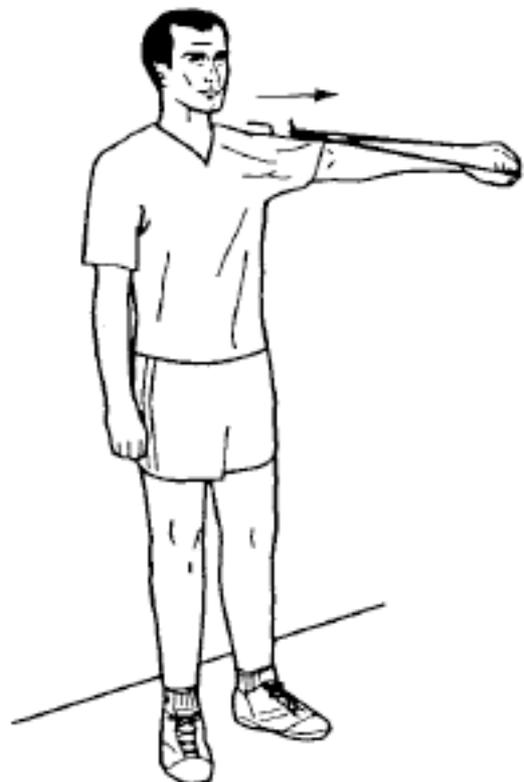
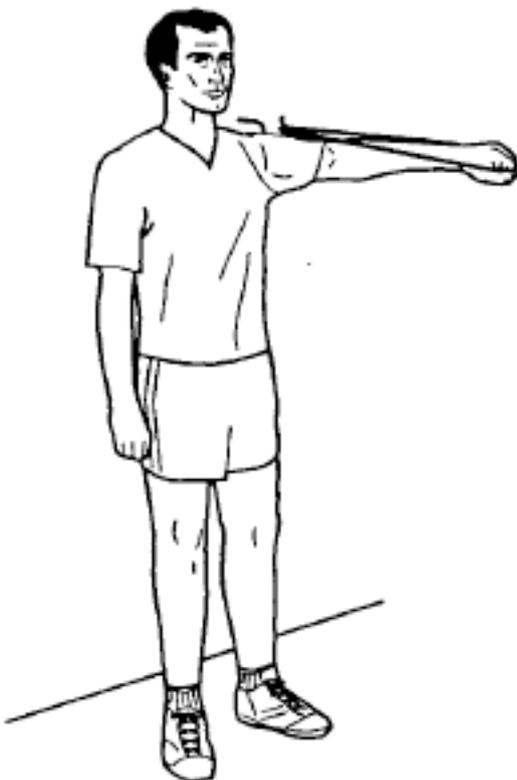
## SCAPULAR RETRACTION

- o Fasten the Theraband to a doorknob and face the door.
- o Grasp the band with your arm straight in front of you.
- o Move your shoulder back while your arm stays straight.



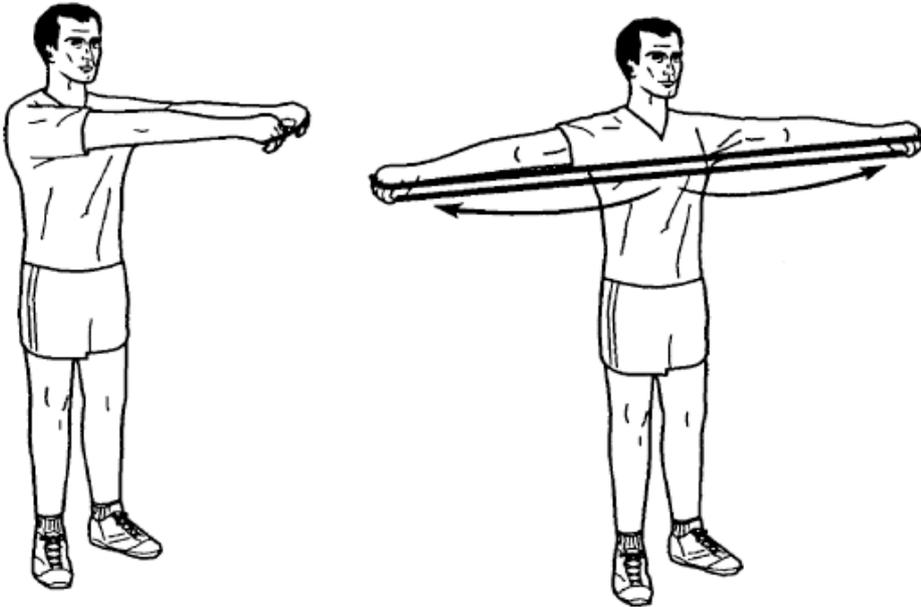
## SCAPULAR PROTRACTION

- o Attach the band to a doorknob.
- o With your back toward the door, grasp the band with your arm straight forward.
- o Move your shoulder forward while your arm stays straight.



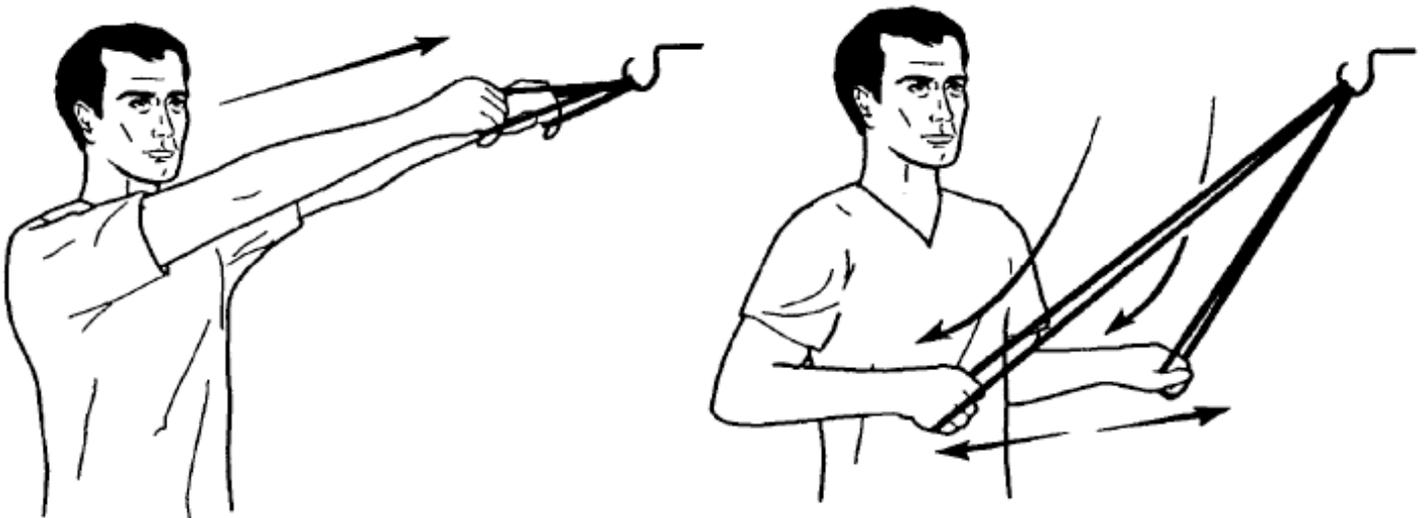
### SCAPULAR CHEST PULL

- o Grasp the Theraband in both hands or loop it over your hands.
- o Stretch the band out to the sides with both your hands.



### SCAPULAR PULL DOWN

- o Attach the Theraband over your head.
- o With your arms over your head, pull the band out to the sides and down, so your elbows are bent at your sides.



## FORWARD THRUST

- o With your back toward the Theraband at should level, grasp the band behind your shoulder.
- o Pull it forward, straightening your arm.

