



## SCAPULAR STABILIZATION EXERCISES

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

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

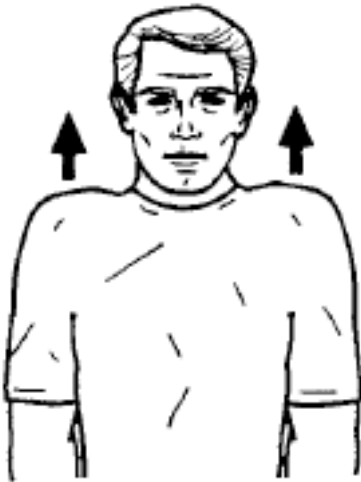
Hold each position for \_\_\_\_\_ seconds.

**These exercises can be done while sitting or standing**

### SHOULDER SHRUGS

o Shrug your shoulders, bringing them up towards your ears.

o Relax and repeat.

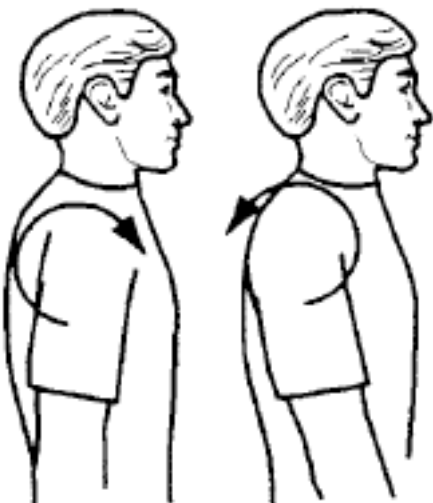


### SHOULDER ROLLS

o Roll your shoulders forward in a circle.

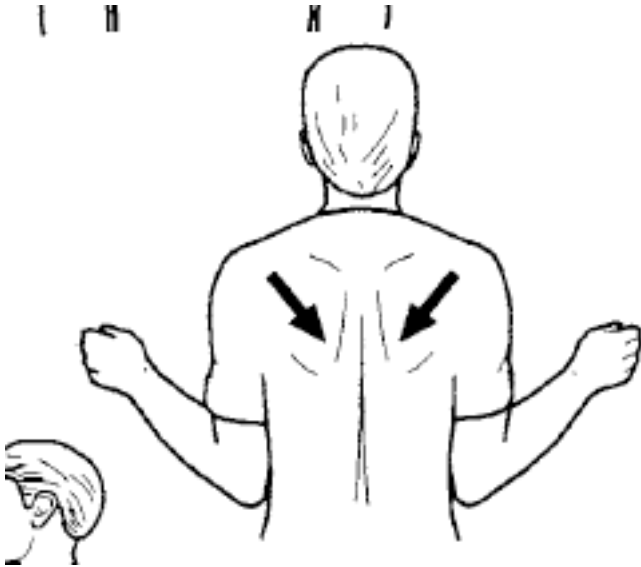
o Then, roll your shoulders backwards in a circle.

o Relax and repeat.



## SCAPULAR RETRACTION

- o Try to bring your shoulder blades together in back of you.
- o Relax and repeat.



## SERRATUS PUNCHES

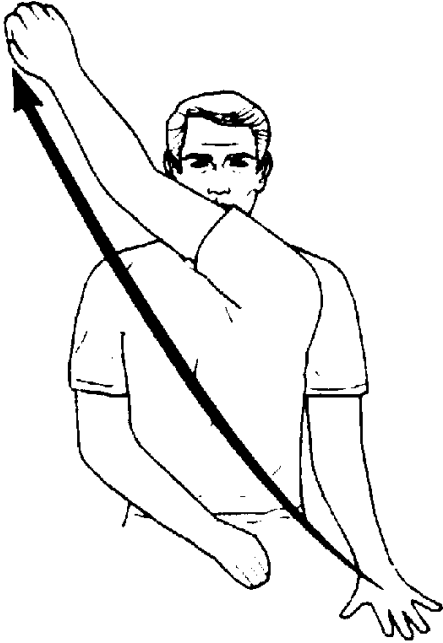
- o With your arms straight out in front of your, reach forward as far as possible.
- o Relax and repeat.

## DIAGONAL SHOULDER EXERCISES

The following exercises use combined patterns of motion which is in our daily activities (i.e. fastening seatbelt, throwing a softball, etc.). Each exercise should be done with both your right and left arms. Keep your elbow straight and **watch your hand** as you do the exercise.

## D1 FLEXION / EXTENSION

- o Start with your left arm out to the side with your palm facing behind you.
- o Raise your arm up and across your chest with your thumb pointing toward the ceiling.
- o Repeat.



## D2 FLEXION / EXTENSION

- o Start with your left arm up and over your left shoulder with you palm facing you.
- o Bring your left arm down across your body with your thumb pointing toward your right hip.
- o Repeat.

