

Sports & Orthopaedic Specialists, P.A.

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Scapular Stabilization

General Guidelines

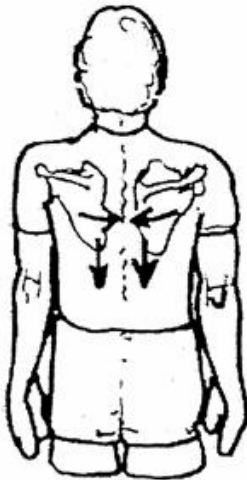
1. Exercises should not be painful.
2. Perform exercises slowly.
3. Maintain the correct position.
4. Ice after exercise for ____ minutes.
5. Perform ____ times per day for ____ days per week.

1. Scapular Retraction

Pull shoulder blades together and down.

Hold ____ seconds

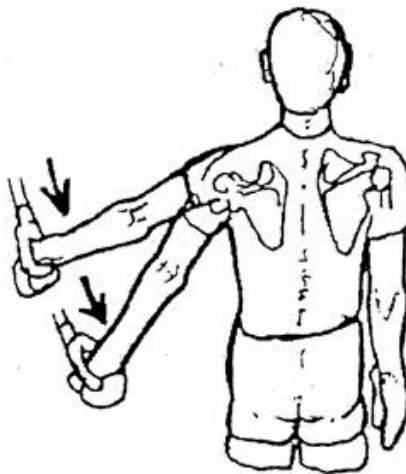
Perform ____ repetitions.



2. Scapular Depression

Place Theraband over door, squeeze shoulder blades together while pulling your arm to your side. Slowly return to starting position.

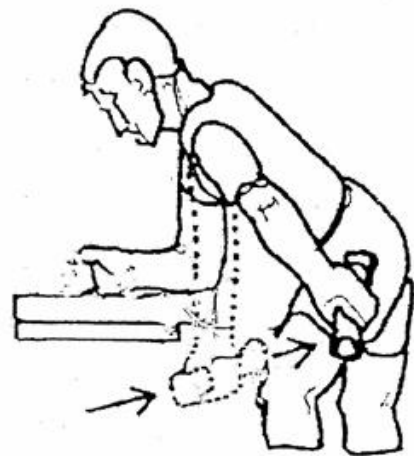
Perform ____ repetitions.



3. Extension

Start with your arm hanging straight down with your thumb pointing down. Raise arm backwards and slowly return to starting position.

Perform ____ repetitions.



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4. Horizontal Abduction

Start with your arm hanging straight down with your thumb pointing out, raise arm out to the side to shoulder level (parallel to ground) and then slowly return to starting position.

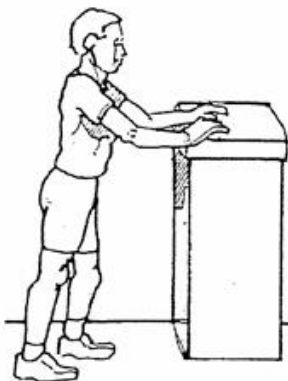
Perform ____ repetitions.



5. Proprioception (Countertop)

Place your hands on a countertop. Slowly shift weight from one side to the other while keeping your shoulder blades flat to your back.

Perform ____ repetitions.



6. Proprioception (Wall)

Stand facing a wall. Keep your shoulder blades together and down and make circles with a ball in a clockwise direction. Repeat same number of reps in a counterclockwise direction.

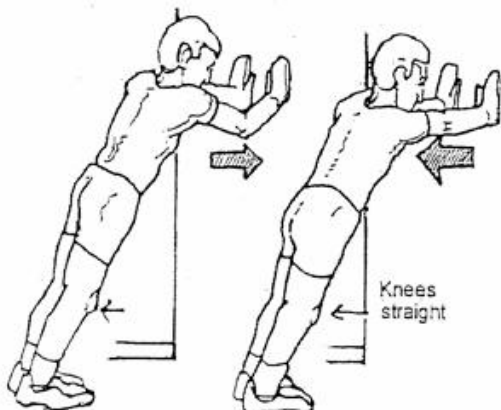
Perform ____ repetitions.



7. Wall Push-Ups

Perform standing push-ups against a wall. Progress to countertop, then floor with knees bent and then floor with knees straight.

Perform ____ repetitions.



8. Proprioception (Hands & Knees)

Get on your hands and knees. Keep your shoulder blades together and down and make circles with the platform in a clockwise direction. Repeat same number of reps in a counterclockwise direction.

Perform ____ repetitions.

