



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

PERISCAPULAR WEAKNESS

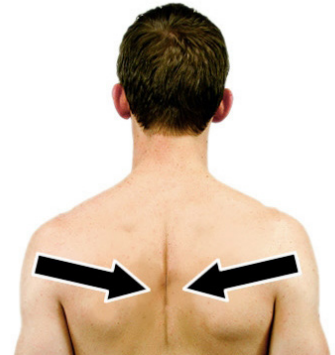
Home Exercises

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 10 Times Hold 5 Seconds

Complete 2 Sets Perform 2 Times a Day



SCAPULAR RETRACTION

With your arm raised up with elbow bent, draw your shoulder blade back and down.

Repeat 10 Times Hold 5 Seconds

Complete 2 Sets Perform 2 Times a Day



SCAPULAR PROTRACTION - SUPINE

Lie on your back with your arm extended out in front of your body and towards the ceiling. While keeping your elbows straight, protract your shoulders forward towards the ceiling. Keep your elbows straight the entire time.

Repeat 10 Times Hold 2 Seconds

Complete 2 Sets Perform 1 Time a Day



SCAPULAR DEPRESSION 1

Start position: Lying flat on your back with your shoulders and arms relaxed on the table or bed with your thumbs pointed up.

Punch your arms down like you are going to reach for your feet. Hold for 3 seconds, then just relax your shoulders back the starting position.

Repeat 10 Times **Hold 3 Seconds**
Complete 2 Sets **Perform 1 Time a Day**



SCAPULAR STABILIZATION T

Lie on your stomach with your arm and shoulder hanging off the edge.

1. Focus on drawing the shoulder blade in toward your spine.
2. Hold it there while you lift the arm out to the side in one half of a "T".
3. Maintain the shoulder blade position while you lower the arm.
4. Relax the shoulder blade.

Focus on each step and try not to lift the arm to the same height as the body, but just below.

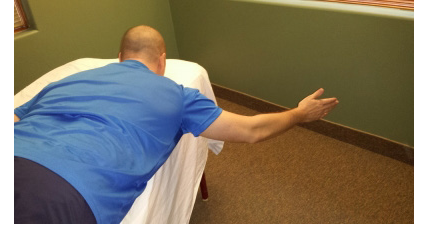
Repeat 10 Times **Hold 2 Seconds**
Complete 2 Sets **Perform 1 Time a Day**



SCAPULAR STABILIZATION "Y"

Lie on your stomach with your arm and shoulder hanging off the edge.

1. Focus on drawing the shoulder blade down and in toward your spine.
2. Hold it there while you lift the arm out to the side in one half of a "Y".
3. Maintain the shoulder blade position while you lower the arm.
4. Relax the shoulder blade.



Focus on each step and try not to lift the arm to the same height as the body, but just below.

Repeat 10 Times Hold 2 Seconds
Complete 2 Sets Perform 1 Time a Day

PRONE SCAPULAR RETRACTION

Lying face down, leave one arm over the side of the table. Bend the elbow and pull the arm up, tightening the scapula. Return to rest position.

Repeat 10 Times Hold 2 Seconds
Complete 2 Sets Perform 1 Time a Day

