

# Scapular Stabilization Exercises

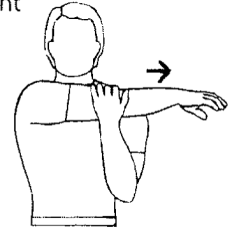
## Stretch Rhomboids

- Bring left arm across in front of body as shown.
- Hold elbow with right arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



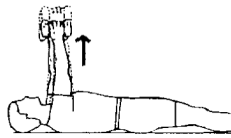
## Stretch Shoulder Capsule Posterior w/ Arm

- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



## Resist Shoulder Protract Bil Supine w/ Weight

- Lie on back, elbows straight, arms straight up, with weights in hand.
- Move arms up toward ceiling.
- Return to start position.
- Perform 3 sets of 20 repetitions, once every other day.
- Use 0 lbs.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

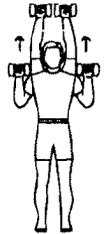


## Resist Shoulder Overhead Press Bil Side w/ Wt.

### Special Instructions

Use 0 lbs.

- Begin with feet hip distance apart, weights in hand as shown, palms forward.
- Raise arms overhead straight up and out to the side.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



## Resist Shoulder Depress w/ Elastic

### Special Instructions

Use green elastic.

- Attach elastic to secure object over head.
- Grasp elastic in hand, keeping arm at side and elbow straight push down.
- Return to start position and repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

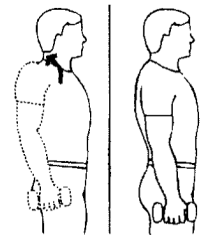


## Resist Shoulder Elev/Retract Bil w/Weight (Shoulder Rolls)

### Special Instructions

Use 0 lbs.

- Stand or sit, arms at sides, with weights in hands.
- Raise shoulders upward towards ears, and roll backwards.
- Return to start position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature \_\_\_\_\_

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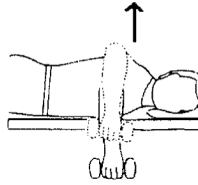
# Scapular Stabilization Exercises

## Resist Shoulder Retraction Uni Prone w/Wt.

### Special Instructions

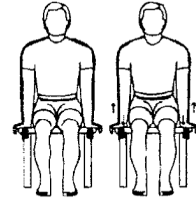
Use 0 lbs.

- Lie face down on bed or couch.
- Position arm at 90 degrees as shown, elbow bent, weight in hand.
- Raise arm, bringing shoulder blade toward middle of back.
- Return to start position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



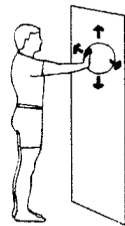
## Resist Should Depress Bil w/ Elastic (Seated Push Up)

- Sit on chair.
- Place hands on seat of chair.
- Push down and lift body upward.
- Lower and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



## AROM Shoulder Circum w/Ball

- Hold a ball against the wall with involved arm.
- Keep elbow straight and push firmly on ball.
- Move ball side to side, and up and down.
- Perform 5 sets of 1 minute, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

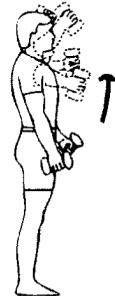


## Resist Shoulder Scaption Bil w/ Wt.

### Special Instructions

Use 0 lbs. to start.

- Hold weights in hands.
- Begin with arms at side, elbows straight, thumbs up.
- Raise arms in a position halfway between the front and side, over head.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature \_\_\_\_\_

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