

General Phase III – Scapular Stabilization with Isometric Exercises

General Instructions

- I recommend applying heat to your shoulder for 5 minutes to warm-up and then icing your shoulder for 15 minutes after completing these exercises. Do not apply heat or ice directly to skin.

Exercises

Scapular Stabilization Exercises (No Weights)

SEATED SCAPULAR RETRACTIONS



While seated and your arms at your side, squeeze your shoulder blades together. Hold for 3 seconds and then release

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day

SEATED SHOULDER SHRUGS



Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time. Hold for 3 seconds and then relax.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 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 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day

SCAPULAR SETTING



Stand with your arms at your sides. Straighten the back. Tuck your chin slightly in. Bring your shoulder blades down and towards your spine (diagonally towards your opposite back pocket).

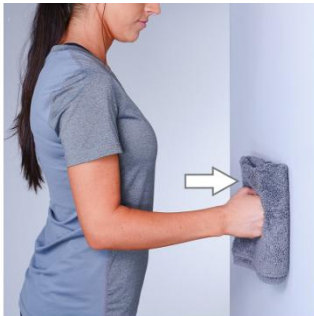
Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day



Isometric Exercises

Isometric exercises are when you apply a force without moving your arm or joint. These exercises are done gently until resistance is felt. These should not be done forceful enough to move your body.



SHOULDER - ISOMETRIC FLEXION

Place a small folded towel between your hand and a wall. Gently push your fist forward into a wall with your elbow bent. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day



SHOULDER - ISOMETRIC EXTENSION

Place a small folded towel between your elbow and a wall behind you. Gently press your elbow back against the wall/towel. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day



SHOULDER - ISOMETRIC ABDUCTION

Place a small folded towel between your elbow and a wall. With your elbow bent to 90 degrees, gently push your elbow out to the side into the towel/wall. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day



SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold, relax and repeat.

Repeat 30 Times
Complete 1 Set

Hold 3 Seconds
Perform 3 Times a Day