

General Phase II – Scapular Stabilization Exercises WITHOUT Resistance

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

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

