

Scapular Exercises

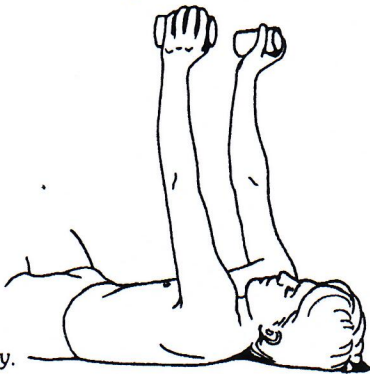
Protraction in 90 degrees of flexion

Attempt to push arms straight up to ceiling with \_\_\_ lbs. while keeping back against floor and elbows straight.

Hold \_\_\_ seconds.

Repeat \_\_\_ times.

Do \_\_\_ sessions per day.

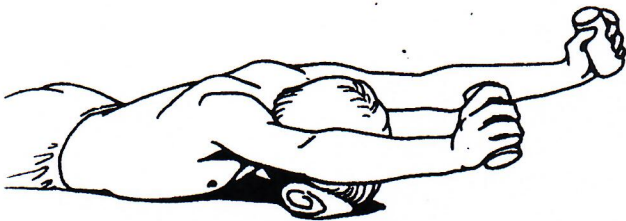


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Scapular Exercises

Flexion in Prone



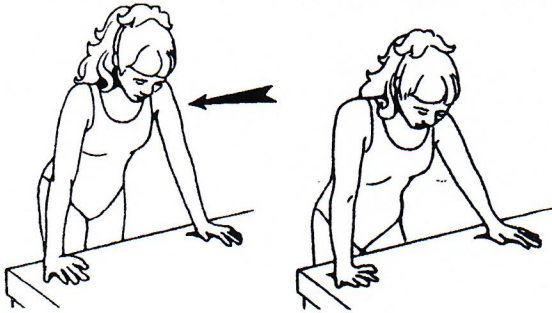
Raise arms from floor with \_\_\_ lbs.

Hold \_\_\_ seconds. Repeat \_\_\_ times.

Do \_\_\_ sessions per day.

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SHOULDER - 61 Scapular Exercises: Shoulder Stabilization



With palms resting comfortably on table, gently lean sideways and forward over hand. Repeat to opposite side.

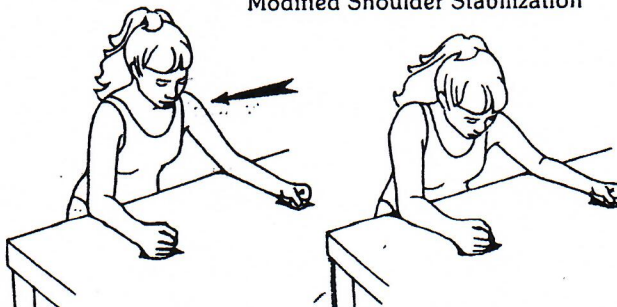
Hold \_\_\_ seconds. Relax. Repeat \_\_\_ times.

Do \_\_\_ sessions per day.

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SHOULDER - 62 Scapular Exercises

Modified Shoulder Stabilization



Forearms resting comfortably on table, gently lean sideways and forward over forearm. Repeat to opposite side.

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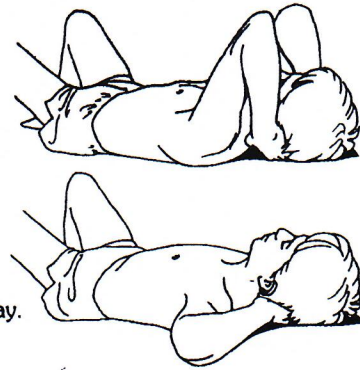
Retraction in Ext. Rotation

With fingers clasped behind head, pull elbows back while pinching shoulder blades together.

Hold \_\_\_ seconds.

Repeat \_\_\_ times.

Do \_\_\_ sessions per day.

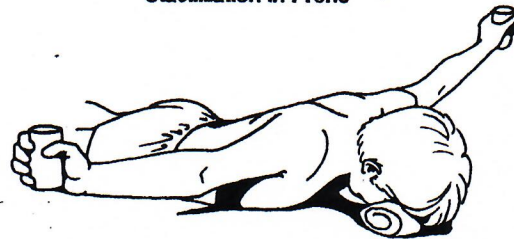


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Scapular Exercises

Stabilization in Prone



Raise both arms off of floor with \_\_\_ lbs. Keep elbows straight.

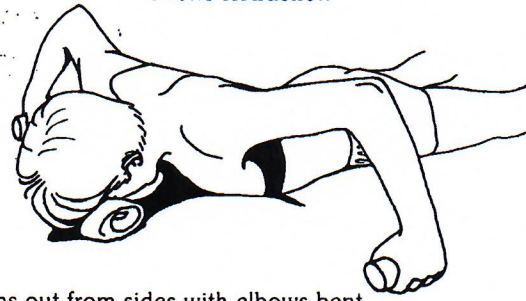
Hold \_\_\_ seconds. Repeat \_\_\_ times.

Do \_\_\_ sessions per day.

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SHOULDER - 60 Scapular Exercises

Prone Retraction



Keep arms out from sides with elbows bent. Raise arms, pinching shoulder blades together.

Hold \_\_\_ seconds. Repeat \_\_\_ times.

Do \_\_\_ sessions per day with \_\_\_ pounds.

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