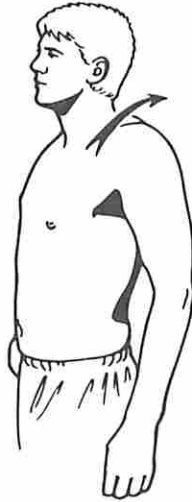


## SCAPULAR STABILIZATION PROGRAM

### PHASE I: SHOULDER SHRUGS

Shrug shoulders up, slowly lower them down.

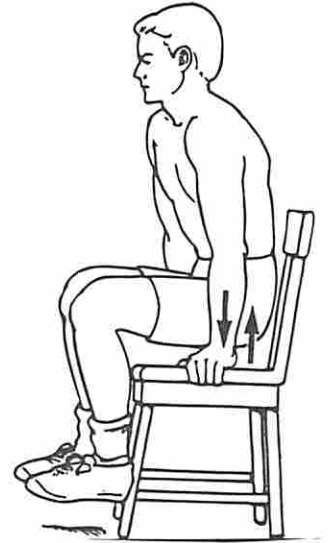
Repeat 10 times/set.  
Perform 3 sets/session.  
Perform 2-3 sessions/day.



### SEATED DIPS

Sit on solid chair.  
Grasp sides of chair.  
Lift your body upward by pressing down on the chair and straightening your elbows.  
Lower yourself back to the start position.

Repeat 6 times/set.  
Perform 4 sets/session.  
Perform 1 sessions/day.



### PHASE II: RESISTIVE SHRUGS

With tubing/dumbbells \_\_\_\_\_ lbs., shrug shoulder up, slowly lower them down.

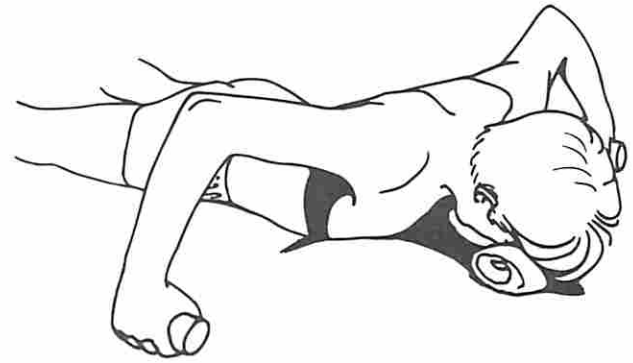
Repeat 10 times/set.  
Perform 3 sets/session.  
Perform 2-3 sessions/day.



### PRONE RETRACTION

Keep arms out from sides and elbows bent as you pinch shoulder blades together.

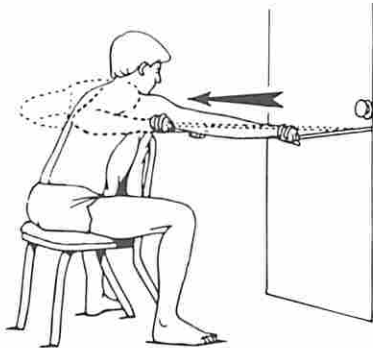
Repeat 10 times/set.  
Perform 3 sets/session.  
Perform 2-3 sessions/day.



## SCAPULAR STABILIZATION PROGRAM (CONTINUED)

### BILATERAL SCAPULAR RETRACTION

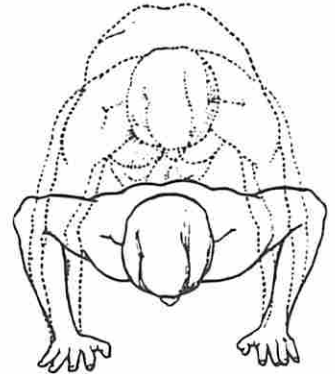
Wrap tubing around both fists. Pull arms back while bringing shoulder blades together as if rowing a boat.



Repeat 10 times/set.  
Perform 3 sets/session.  
Perform 2-3 sessions/day.

### PUSH-UP PLUS

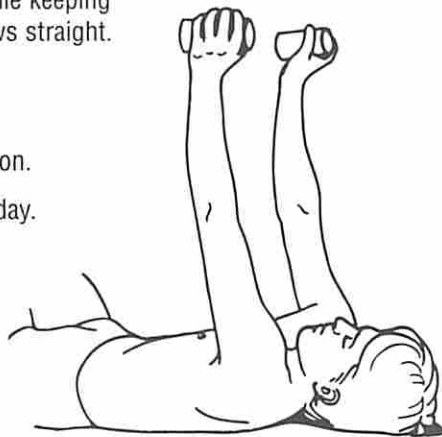
Perform regular push-up. When arms are fully extended, jut arms out, rounding the upper back. To decrease the intensity, this exercise can be performed on your knees.



Repeat 5-10 times/set.  
Perform 2-3 sets/session.  
Perform 1 sessions/day.

### PROTRACTION IN 90° OF FLEXION

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



Repeat 10 times/set.  
Perform 3 sets/session.  
Perform 2-3 sessions/day.