

# Dynamic Blackburns (Prone)



**Purpose:** Enhance scapular control and shoulder stability.

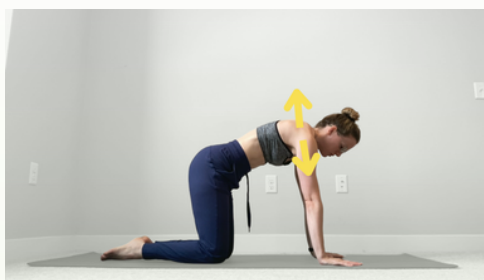
**Instructions:** Lie face down with arms at your sides. Move your arms through a fluid sequence: "Y" (arms overhead), "T" (arms out), and "W" (elbows bent). In each position, lift arms off the ground, squeezing shoulder blades together.

**Tips:**

- Perform slowly with control.
- Avoid shrugging shoulders.

**Sets/Reps:** 2 sets of 8 repetitions for each position.

## Scapular Push-Ups



**Purpose:** Improve serratus anterior activation and scapular control.

**Instructions:** Begin in a high plank position with arms straight, shoulders over wrists. You can also do this on your knees.

Without bending your elbows, allow your chest to sink slightly toward the floor by letting your shoulder blades come together.

Then, push the floor away to spread your shoulder blades apart. Keep core tight and hips stable throughout.

**Tips:** Avoid bending the elbows. Move slowly and with control.

**Sets/Reps:** 2–3 sets of 10–12 repetitions.



***SPORTS CHIROPRACTIC***  
***AND NATURAL HEALTH SOLUTIONS***

**Pompano Beach Chiropractor-Dr. Brett Goldstein**