



WAYPOINT ORTHOPAEDIC ASSOCIATES

Dx: Right Left **SCAPULAR STABILIZING EXERCISES**

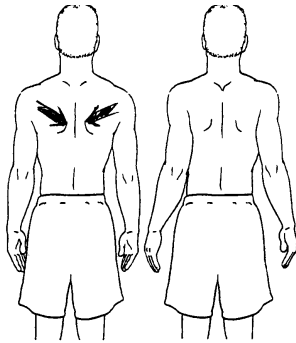
Date of Surgery: _____ Patient Name: _____

PT/OT: Please evaluate and treat. Follow attached protocol. 2-3 x per week x 6 weeks.

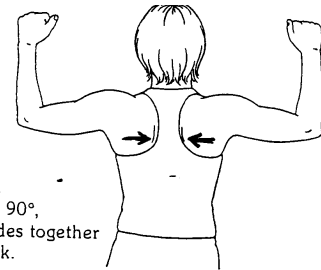
Signature/Date: _____

With arms at sides,
pinch shoulder
blades together.

Repeat 20 times per set.
Do 1-2 sets per session.
Do 2-3 sessions per day.



© 2003 VHI (ORTH)

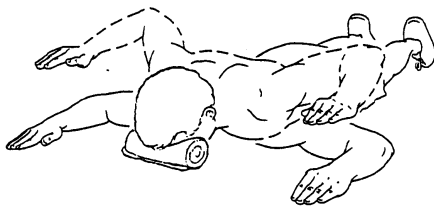


With arms elevated
and elbows bent to 90°,
pinch shoulder blades together
and press arms back.

Repeat 20 times per set.
Do 1-2 sets per session. Do 2-3 sessions per day.

© 2003 VHI (ORTH)

SHOULDER - 107 Scapular Retraction: Abduction (Prone)



Lie with upper arms straight out from sides,
elbows bent to 90°. Pinch shoulder blades together
and raise arms a few inches from floor.

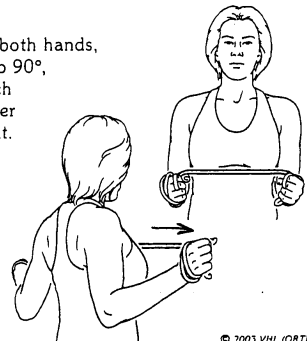
Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.

© 2003 VHI (ORTH)

SHOULDER - 112 Resisted External Rotation in Neutral - Bilateral

Sit or stand, tubing in both hands,
elbows at sides, bent to 90°,
forearms forward. Pinch
shoulder blades together
and rotate forearms out.
Keep elbows at sides.

Repeat 20 times per set.
Do 1 sets
per session.
Do 2-3 sessions
per day.



© 2003 VHI (ORTH)

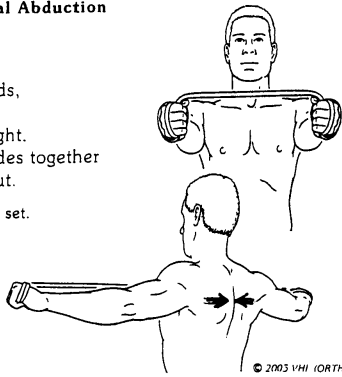
SHOULDER - 113
Resisted Horizontal Abduction
Bilateral

Sit or stand,
tubing in both hands,
arms out in front.
Keeping arms straight,
pinch shoulder blades together
and stretch arms out.

Repeat 20 times per set.

Do 1 sets
per session.

Do 2-3 sessions
per day.



© 2003 VHI (ORTH)

Prone horizontal abduction in external rotation:
Lie on table face down with involved
arm hanging down, thumb rotated out as
far as possible. Raise arm out to the side
parallel to the floor.

10 reps 3 sets

