

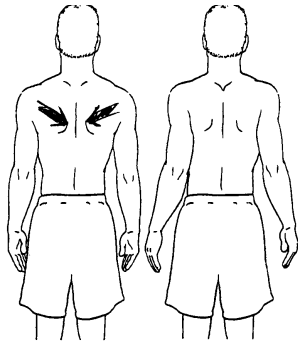


WAYPOINT

ORTHOPAEDIC ASSOCIATES

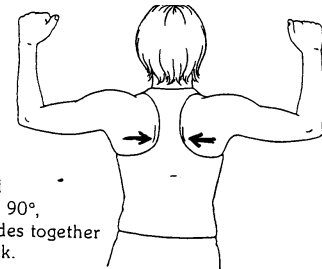
Scapular Stabilizing Home Exercises

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.



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

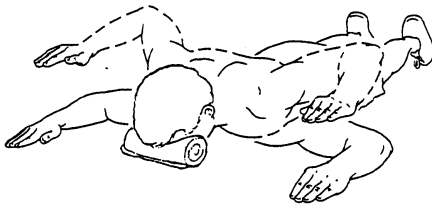


Repeat 20 times per set.
Do 1-2 sets per session. Do 2-3 sessions per day.

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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.

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SHOULDER - 112

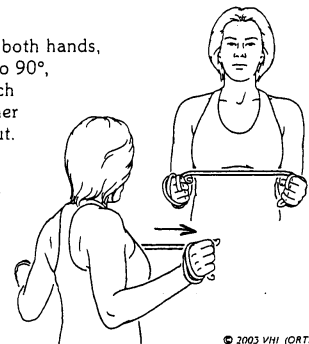
Resisted External Rotation in Neutral - Bilateral

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.



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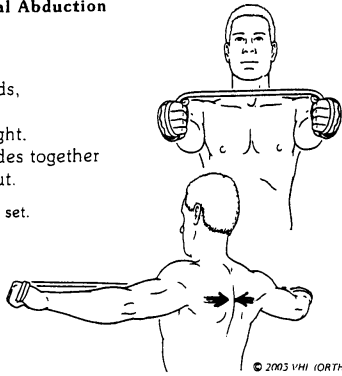
SHOULDER - 113
Resisted Horizontal Abduction
Bilateral

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.



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

