

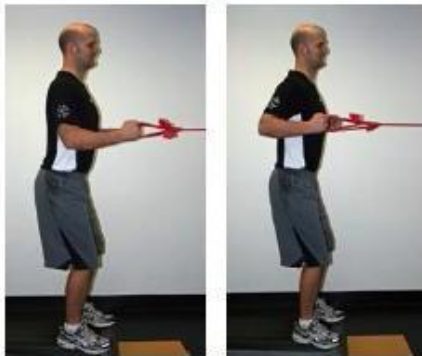
Periscapular Stabilization and Strengthening Exercises



Internal Rotation with Theraband
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand across body as shown.



External Rotation with Theraband
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand away from body as shown.



Theraband Rows
Attach band to secure object. With elbows by your side, pull band back as shown, squeezing shoulder blades together.



Standing Scaption
Hold arm at side, elbow straight, thumb up. Lift arm at 45° angle to shoulder height as shown.



Standing Shoulder Shrugs
Stand with feet shoulder width apart. Raise shoulders upward toward ears. Return to starting position.



Supine Punch
Lie on back, arm straight. Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off the table.



Prone Horizontal Abduction

Lie face down, arm down. Raise arm and hand to shoulder height as shown, keeping elbows straight and squeezing shoulder blades together.



Prone Scaption

Lie face down, arm toward the ground. Raise arm and hand at a 45° angle as shown. Keep elbows straight and squeeze shoulder blades together.



Towel Stretch

Hold uninvolved arm over shoulder with towel as shown. Grasp towel with involved arm. Slowly pull upward with uninvolved arm until a gentle stretch is felt.



Horizontal Adduction Stretch

Bring involved arm across in front of body, holding elbow with opposite hand as shown. Pull involved arm across chest until a gentle stretch is felt in the back of the shoulder.



Sleeper Stretch

Lie on involved side on a flat surface. Place involved arm at ____ angle from body. Using uninvolved hand, push down on hand toward table as shown.



Corner Stretch

With shoulder at ____ degree angles, place elbows and forearms on wall as shown. Lean forward until a gentle stretch is felt in chest.

Scapular Retraction Sets

- Scapular hold "Straight"
 - Both hands straight out in front of you
 - Pull shoulders back like you feel your shoulder blades squeezing together
 - Hold for 3 seconds, relax for 3 seconds
 - 10 repetitions
- Scapular hold "T"
 - Begin with scapular hold "Straight"
 - Put arms in a "T" position with arms straight out to your sides while holding shoulder blades squeezed together
 - Hold for 3 seconds, relax for 3 seconds
 - 10 repetitions
- Scapular hold "Y"
 - Begin with scapular hold "Straight"
 - Put arms in a "Y" position up overhead while holding shoulder blades squeezed together
 - Hold for 3 seconds, relax for 3 seconds
 - 10 repetitions
- Scapular hold "I"
 - Begin with scapular hold "Straight"
 - Put arms in a "I" position up overhead while holding shoulder blades squeezed together
 - Hold for 3 seconds, relax for 3 seconds
 - 10 repetitions

- External and Internal Rotations
 - 10 reps, each arm, 3 sets:

- **External Rotations:**

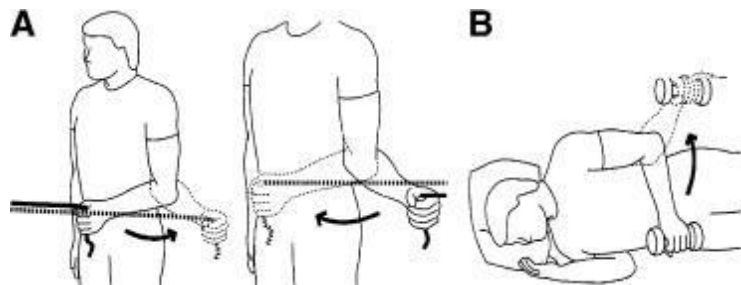
- Secure band at waist level
- Hold elbow at 90°, arm at side
- Pull hand away from body as shown

- **Internal Rotations:**

- Secure band at waist level
- Hold elbow at 90°, arm at side
- Pull hand across body as shown

- **External Rotations, laying on your side:**

- Lie on your side, arm at side, elbow bent 90°
- With or without weight, move hand up as shown



- Inferior Trapezius Pulls
 - Stand upright, shoulder blades squeezed together
 - Grasp elastic bands with both hands
 - Keep elbows straight, pull back as shown, trying to reach behind you
 - 10 reps, 3 sets

