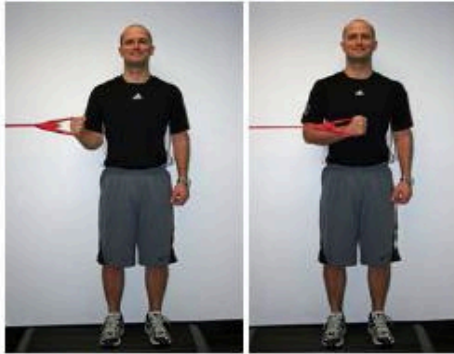


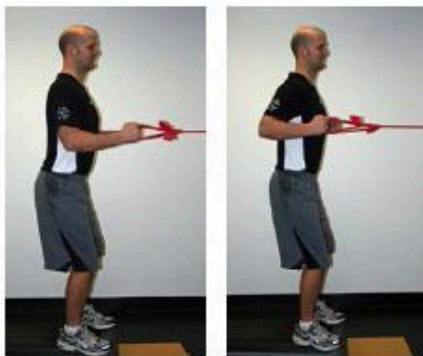
## Periscapular Stabilization and Strengthening Exercises



**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.



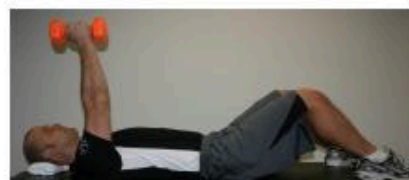
**Theraband Rows**  
Attach band to secure object. With elbows by your side, pull band back as shown, squeezing shoulder blades together.



**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 90° angle from body. Using uninvolved hand, push down on hand toward table as shown.



## Corner Stretch

With shoulder at 90° 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:**

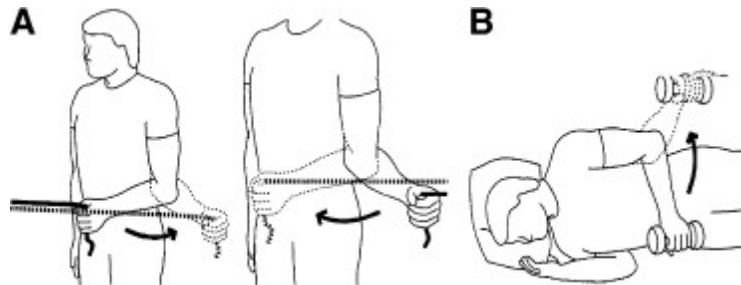
- Secure band at waist level
- Hold elbow at 90°, arm at side
- Pull hand away from body as shown

- **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

