

# Scapular Exercises

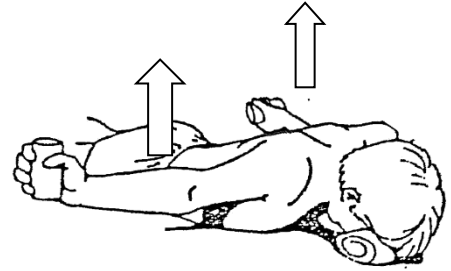


Dr. Ho

Perform these exercises slowly, smoothly, and with control. There should be no jerky movements. If any of the exercises cause pain, discontinue them immediately. When adding weights, start with just a little bit of weight (a small soup can works nicely). If the exercises become too difficult to do with weights, decrease or remove the weights.

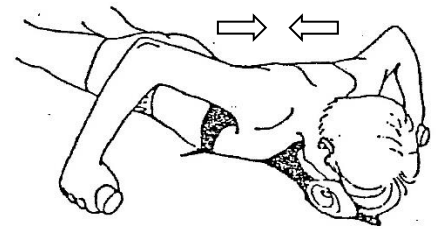
## Stabilization in Prone (Modified Prone Cobra)

- While lying facedown with elbows straight and arms outstretched at the sides and next to your waist, raise both arms off floor.
- Hold for 2 seconds, and then relax. This is one repetition.
- Start with no weights; once the exercise becomes easier to do, you may add 1-2 lbs to each hand.
- Perform 2-3 sets of 10-15 repetitions once a day.

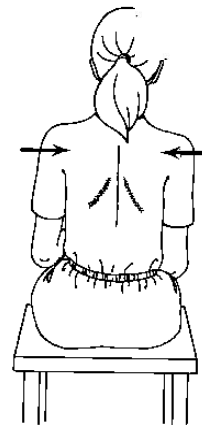


## Prone (Seated) Retraction

- While lying facedown and keeping arms out from the sides and elbows bent, pinch or squeeze the shoulder blades together.
- Hold for 2 seconds, and then relax. This is one repetition.
- Perform 2-3 sets of 10-15 repetitions once a day.



(You may also do this from a sitting position)



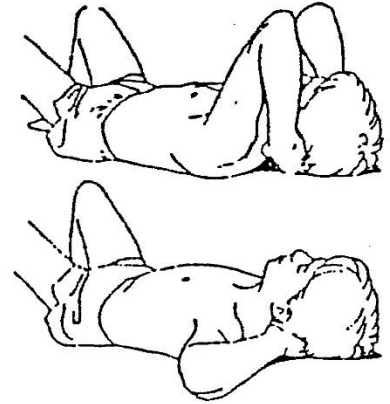
*If you have any problems or questions,  
please call your doctor's office (8am-5pm).*

*Answering service for after hours.*

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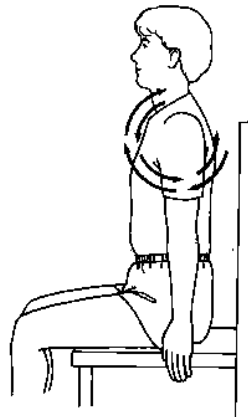
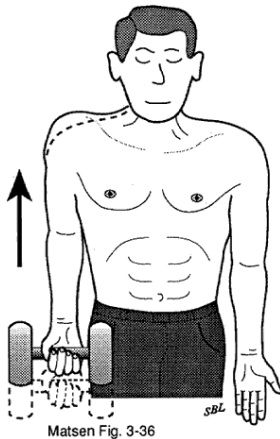
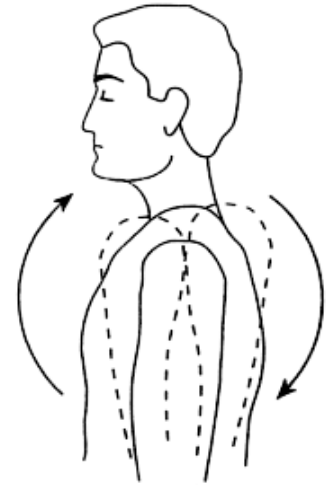
## Retraction in External Rotation

- While lying on your back with elbows bent towards the ceiling and fingers clasped behind your head or neck, pull elbows back towards the floor, while pinching or squeezing the shoulder blades together.
- Hold for 2 seconds, and then relax. This is one repetition.
- Perform 2-3 sets of 10-15 repetitions once a day.



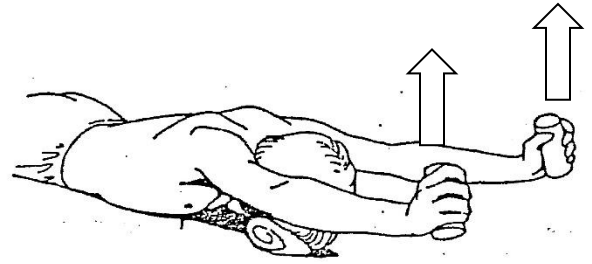
## Scapular Range of Motion (Scaption)

- Stand (or sit) and shrug your shoulders up and hold for 5 seconds.
- Squeeze your shoulder blades back and together and hold 5 seconds.
- Pull your shoulder blades downward as if putting them in your back pocket and hold for 5 seconds.
- Relax.
- Repeat this sequence 10-15 times, once a day.
- Start with no weights; once the exercise becomes easier to do, you may add 1-2 lbs to each hand.



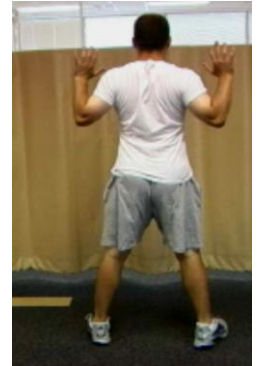
## Flexion in Prone

- While lying facedown with elbows straight and arms outstretched overhead, raise both arms off floor.
- Hold for 2 seconds, and then relax. This is one repetition.
- Start with no weights; once the exercise becomes easier to do, you may add 1-2 lbs to each hand.
- Perform 2-3 sets of 10-15 repetitions once a day.



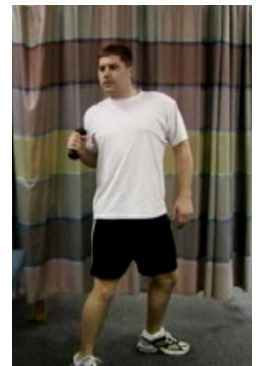
## The “Robbery” Exercise

- While standing with arms relaxed at either side and in front of the body, bring the arms, flexed (bent) at the elbows, up and back, pinching or squeezing the shoulder blades together.
- Make sure the shoulders are pulled down and not “shrugging.”
- Hold for 2 seconds, and then relax. This is one repetition.
- Perform 2-3 sets of 10-15 repetitions once a day.



## The “Lawnmower” Exercise

- Start by crouching slightly down and forward, reaching with the exercising arm towards the opposite foot (hand weights optional).
- Then, stand up tall, while pulling the exercising arm to side and back, squeezing the exercising arm’s shoulder blade back towards the opposite shoulder blade.
- Make sure the shoulders are pulled down and not “shrugging.”
- Hold for 2 seconds, and then relax. This is one repetition.
- Perform 2-3 sets of 10-15 repetitions once a day.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.