



1: Scapular Squeeze Palms Up in Prone

- Lie on stomach with head supported by towel
- Keep arms straight at side with palms facing up
- Lift arms up toward ceiling 4-5 inches while squeezing shoulder blades together
- Repeat as instructed

Sets: 1 **Reps:** 10 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 5s



2: Scapular T's in Prone (Palms Down)

- Lie on stomach with head supported by towel
- Place both arms straight out to side of body, palms down
- Lift arms up off surface 3-4 inches while squeezing shoulder blades together
- Repeat as instructed

Sets: 1 **Reps:** 10 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 5s



3: Scapular W's in Prone (Palms Down)

- Lie on stomach with head supported by towel
- Shoulders and elbows at 90 degrees, arms out to side
- Lift arms up off surface 3-4 inches while squeezing shoulder blades together
- Repeat as instructed

Sets: 1 **Reps:** 10 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 5s



4: Scapular Strengthening -- 1 and 11 o'clock position

- Lie face down with pillow under stomach
- Arms extended and pointing to 1 o'clock and 11 o'clock position, thumbs up
- Raise hands toward ceiling 2-3 inches
- Repeat as instructed

Sets: 1 **Reps:** 10 **Sessions:** 1 Every other day
Resistance: As Tolerated **Hold Time:** 5s