Scapular/Periscapular Exercises

Table Slides Abduction 2 x 10

Slide arm and body together across table.

Slide arm and body together across table.
Table Slides Flexion 2 x 10

Slide arm and body together across table.

Slide arm and body together across table.
Low Row 3 x 8

Stand with arm against firm surface.

Stand up tall while pushing back against surface with arm. Push for 5 seconds.

Stand with arm against firm surface.

Stand up tall while pushing back against surface with arm. Push for 5 seconds.
**Inferior Glide 2 x 10**

Push arm straight down for 5 seconds.

**Lawnmower  2 x 12**

Push arm straight down for 5 seconds.

Begin with arm down.

Keep arm at waist level while twisting trunk to help pinch shoulder blade (scapula) towards spine.
Begin with arm down.

Keep arm at waist level while twisting trunk to help pinch shoulder blade (scapula) towards spine.
Begin with arm down.

Keep arm at waist level while twisting trunk to help pinch shoulder blade (scapula) towards spine.