Subscapularis Exercises

Place hand on abdomen above belly button and just below sternum. Press hand into stomach while rotating elbow forward. Do not bend wrist or move shoulder forward.

Perform _____ repetitions.
Stay Position

End Position
2. Belly Press

Attach a theraband to a doorknob or other stable structure about waist high. Hold tightly to the other end with elbow bent at approximately 90°.

Extend hand and elbow 4-6 inches away from stomach. Keeping your elbow extended from your body, rotate your arm bringing your hand into your abdomen.

Perform _____ repetitions.
<table>
<thead>
<tr>
<th>Stay Position</th>
<th>End Position</th>
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3. Lift-off

Stand with feet square and bend slightly at the waist. Place back of hand on beltline in middle of back. Lift hand off by rotating away from body without moving elbow.

Perform _____ repetitions.

* Due to the advanced nature of this exercise, near normal range of motion should be established prior to attempting.