This packet contains therapeutic exercises that are preferred by the providers at Sports & Orthopaedic Specialists for the rehabilitation of shoulder injuries.

Use these handouts in conjunction with the protocol prescribed by the referring provider. Protocols are online: www.sportsandortho.com/minneapolis/rehabilitation-center

Complete the exercises below as instructed.
If you develop questions or increased shoulder pain, call the clinic: 952.946.9777

**SUPINE PROTRACTION**

Lie on your back. Position both arms in vertical with palms facing each other.

**Lift shoulder blades** off the table (hollow).
Lower shoulder blades back down slowly.

Arms stay straight.

Complete _____ sets of _____. Do _____ sessions per week.
**SPORTS & ORTHOPAEDIC SPECIALISTS**

**Scapular Stability**

**WALL PROTRACTION**
Place hands on wall at shoulder height. Keep elbows straight.

Round through your chest (hollow like you are avoiding a cactus).
Return to neutral with shoulder blades flat.

Complete _____ sets of _____. Do _____ sessions per week.

**PUSH UP PLUS**
Place hands on wall at shoulder height.

Squeeze shoulder blades and bend elbows to perform a push up.

Now, straighten arms and round through your chest (like angry cat).

Complete _____ sets of _____. Do _____ sessions per week.
TABLE PRESS
Prop sit on edge of table (edge of couch, bed, or chair).
Position base of hands on edge of table with palms back.

Squeeze shoulder blades and press hands back against edge of table. Tuck chin.

Hold _____ repetitions for _____ seconds. Do _____ sessions per week.

LOWER TRAP RETRAINING
Lie on stomach with forehead positioned on towel roll.

Lift shoulders until they are level with your back.
Keep hands on mat the whole time.

HOLD THREE SECONDS.
Lower shoulders SLOWLY and SMOOTHLY.

Complete _____ repetitions. Do _____ sessions per week.
SPORTS & ORTHOPAEDIC SPECIALISTS
Scapular Stability

**PRONE I**
Lie on stomach with forehead positioned on towel roll.

1. **Lift shoulders** until they are level with your back.
2. **Lift hands** to hip height
3. **Lower hands.** Keep shoulder muscles activated!
4. **Lower shoulders** slowly and smoothly.

Complete _____ repetitions. Do _____ sessions per week.

**PRONE W**
Lie on stomach with forehead positioned on towel roll.

Begin with arms on floor in a W or goal post position.

Draw shoulder blades down and back. And lift forearms 3 inches off the floor. Lower slowly.

Complete _____ sets of _____. Do _____ sessions per week.
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PRONE SUPERMAN
Lie on stomach with forehead positioned on towel roll.

Begin with arms on floor in a W position. Then hover forearms over floor. Reach forward (like superman) until thumbs are almost touching.

Now, draw shoulder blades down and back as you return arms to W position.

Complete _____ sets of _____. Do _____ sessions per week.

PRONE T
Lie on stomach with forehead positioned on towel roll.

Begin with arms on floor out to the side in a T position. Thumbs up.

Draw shoulder blades down and back. And lift arms 3 inches off the floor. Lower slowly.

Complete _____ sets of _____. Do _____ sessions per week.
**PRONE Y**

Lie on stomach with forehead positioned on towel roll. Begin with arms on floor in a Y position overhead. Thumbs up.

Draw shoulder blades down and back. And lift arms 3 inches off the floor. Lower slowly.

Complete _____ sets of _____. Do _____ sessions per week.