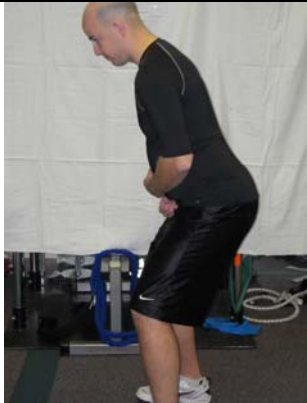

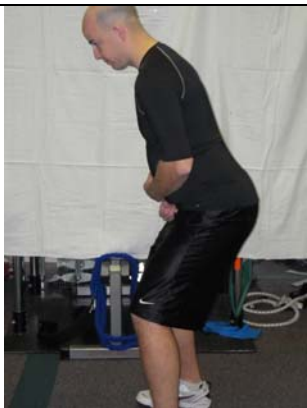

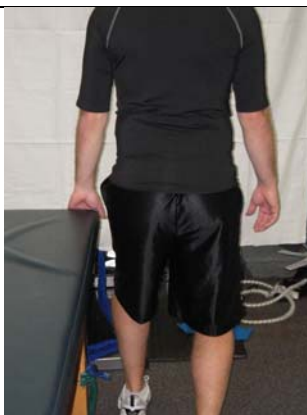
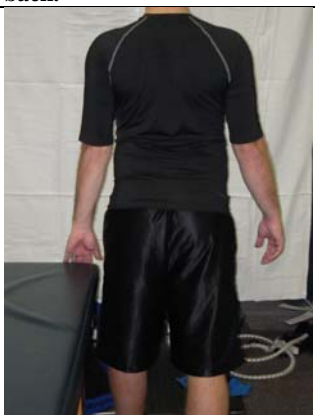

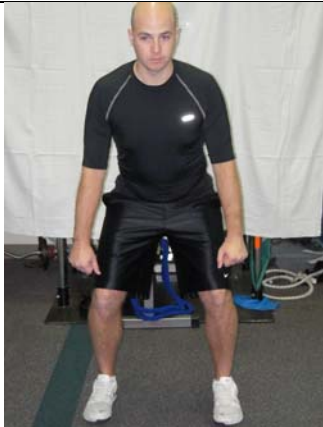






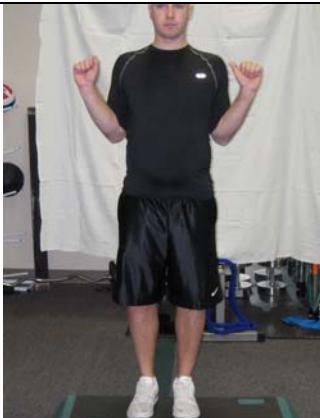
















Scapula Strengthening Program

Exercise Title	Exercise		Sets and Repetitions
Sternal Lift			4 x 8
	<p>Begin with knees and trunk slightly bent forward</p> <p>Stand up straight and pull shoulder blades together without shrugging shoulders. Hold position for 5 seconds.</p>		
Step Out			4 x 8
	<p>Begin with knees and trunk slightly bent forward</p> <p>Move hip outwards, slightly twist at waist, and squeeze shoulder blade back.</p>		
Low Row			3 x 6
	<p>Begin with feet staggered and knees slightly bent. Place hand on side of a firm surface</p> <p>Stand up straight while sliding shoulder blades together and down towards back pockets. Hold position for 5 seconds.</p>		

Inferior Glide			2 x 8
	While sitting or standing, rest hand on firm surface. Slide shoulder blade down towards back pocket without pushing down hand. Hold position for 5 seconds.		
Robbery			3 x 6
	Begin with knees and trunk slightly bent forward	Stand up straight and slide shoulder blades down without shrugging shoulders, placing “elbows in back pockets”. Hold position for 5 seconds.	
Lawnmower			3 x 6
	Begin with feet staggered and arm down while slightly bending knees and trunk forward.	Move to standing position while keeping arm at waist level and twisting trunk to help slide shoulder blade towards spine.	

<p>Step Back Low Row</p>			<p>3 x 6</p>
	<p>Begin with knees and trunk slightly bent with one foot on floor and one foot on step.</p>	<p>Step up onto step while sliding shoulder blades together and down towards back pockets. Hold position for 5 seconds.</p>	
<p>Step Back Robbery</p>			<p>3 x 6</p>
	<p>Begin with knees and trunk slightly bent with one foot on floor and one foot on step.</p>	<p>Step up onto step and slide shoulder blades down without shrugging shoulders, placing “elbows in back pockets”. Hold position for 5 seconds.</p>	
<p>Step Up Lawnmower</p>			<p>3 x 6</p>
	<p>Facing the side, begin with arm down, knees and trunk slightly bent with one foot on floor and one foot on step.</p>	<p>Move to upright position (do not place both feet on step) while keeping arm at waist level and twisting trunk to help slide shoulder blade towards spine.</p>	

	This section contains optional exercise examples which should be implemented only when range of motion allows and strengthening should be progressed.		
Rhythmic Stabilization at 90°	 <p style="text-align: center;">Abduction</p>	 <p style="text-align: center;">Flexion</p>	
Rhythmic Stabilization above 90°	 <p style="text-align: center;">Abduction</p>	 <p style="text-align: center;">Flexion</p>	
Low Row with Tubing			
Mid Row with Tubing			

High Row with Tubing			
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