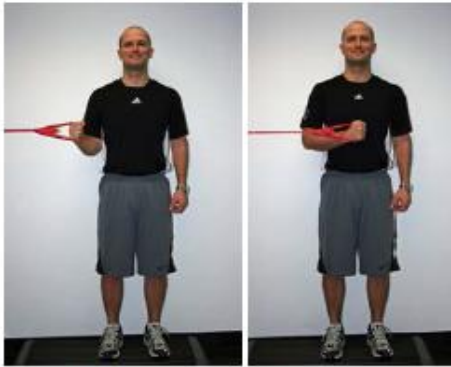


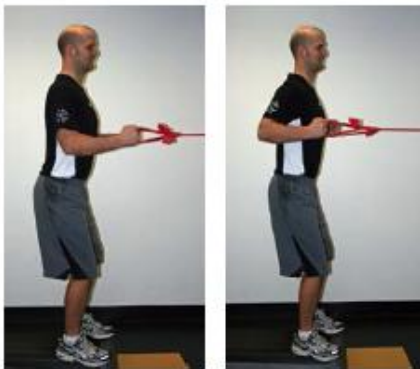
**PERISCAPULAR STABILIZATION AND STRENGTHENING EXERCISES**



**Internal Rotation with Theraband**  
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand across body as shown.



**External Rotation with Theraband**  
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand away from body as shown.



**Theraband Rows**  
Attach band to secure object. With elbows by your side, pull band back as shown, squeezing shoulder blades together.



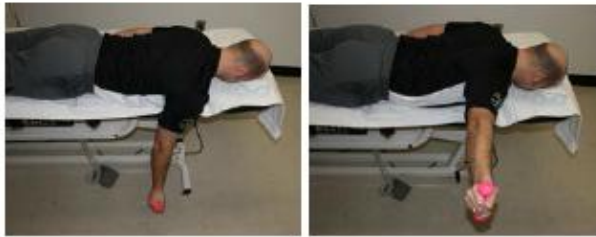
**Standing Scaption**  
Hold arm at side, elbow straight, thumb up. Lift arm at 45° angle to shoulder height as shown.



**Standing Shoulder Shrugs**  
Stand with feet shoulder width apart. Raise shoulders upward toward ears. Return to starting position.



**Supine Punch**  
Lie on back, arm straight. Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off the table.



**Prone Horizontal Abduction**

Lie face down, arm down. Raise arm and hand to shoulder height as shown, keeping elbows straight and squeezing shoulder blades together.



**Prone Scaption**

Lie face down, arm toward the ground. Raise arm and hand at a 45° angle as shown. Keep elbows straight and squeeze shoulder blades together.



**Towel Stretch**

Hold uninvolved arm over shoulder with towel as shown. Grasp towel with involved arm. Slowly pull upward with uninvolved arm until a gentle stretch is felt.



**Horizontal Adduction Stretch**

Bring involved arm across in front of body, holding elbow with opposite hand as shown. Pull involved arm across chest until a gentle stretch is felt in the back of the shoulder.



**Sleeper Stretch**

Lie on involved side on a flat surface. Place involved arm at \_\_\_ angle from body. Using uninvolved hand, push down on hand toward table as shown.



**Corner Stretch**

With shoulder at \_\_\_ degree angles, place elbows and forearms on wall as shown. Lean forward until a gentle stretch is felt in chest.

**Scapular Retraction Sets**

- Scapular hold "Straight"
  - Both hands straight out in front of you
  - Pull shoulders back like you feel your shoulder blades squeezing together
  - Hold for 3 seconds, relax for 3 seconds
  - 10 repetitions
- Scapular hold "T"
  - Begin with scapular hold "Straight"
  - Put arms in a "T" position with arms straight out to your sides while holding shoulder blades squeezed together
  - Hold for 3 seconds, relax for 3 seconds
  - 10 repetitions
- Scapular hold "Y"
  - Begin with scapular hold "Straight"
  - Put arms in a "Y" position up overhead while holding shoulder blades squeezed together
  - Hold for 3 seconds, relax for 3 seconds
  - 10 repetitions
- Scapular hold "I"
  - Begin with scapular hold "Straight"
  - Put arms in a "I" position up overhead while holding shoulder blades squeezed together
  - Hold for 3 seconds, relax for 3 seconds
  - 10 repetitions

- External and Internal Rotations
  - 10 reps, each arm, 3 sets:

○ **External Rotations:**

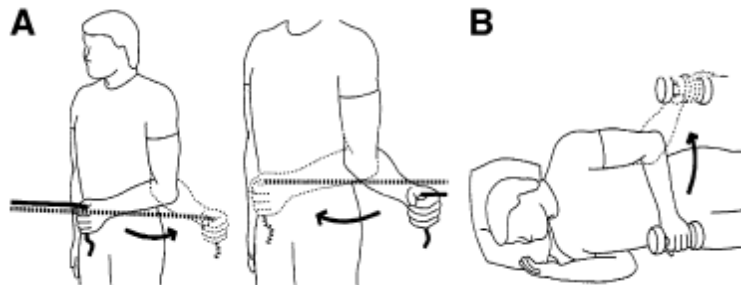
- Secure band at waist level
- Hold elbow at 90°, arm at side
- Pull hand away from body as shown

○ **Internal Rotations:**

- Secure band at waist level
- Hold elbow at 90°, arm at side
- Pull hand across body as shown

○ **External Rotations, laying on your side:**

- Lie on your side, arm at side, elbow bent 90°
- With or without weight, move hand up as shown



- Inferior Trapezius Pulls

- Stand upright, shoulder blades squeezed together
- Grasp elastic bands with both hands
- Keep elbows straight, pull back as shown, trying to reach behind you
- 10 reps, 3 sets

