



Scapular Stability Exercises

ISOMETRICS

Isometric squeezing exercise may begin with many post-operative patients or those that are having significant pain with active elevation exercises.

1. **Scapular pinches:** Squeeze shoulder blades together and hold for 3 seconds
2. **Robbery pinches:** Squeeze shoulder blades together and hold for 3 seconds (see Figure 1: Swiss Ball Robbery exercise for position).
3. **Low Row Wall isometrics:** With back against wall, arms to side and extended, push fingertips into wall, holding 3 seconds.



Figure 1

ISOTONICS

Advancement to active glenohumeral/scapular joint movement occurs when painful arc symptoms are diminished. These exercises use light resistance with emphasis on proper technique. The authors suggest 3 sets of 10 to 20 repetitions, with 3 second holds.

1. **Scapular pinches using theraband:** Using tensioned theraband in front of body, spread theraband by pinching shoulder blades together. It is very important to keep elbows tucked to side during entire routine.
2. **Low Row Theraband:** Standing with arms to side, loop theraband around stable object, and pull both arms into extension behind body squeezing lower scapular muscles.
3. **Dynamic Hug:** (Figure 2) Place single theraband around back grasping band with both hands in front, perform hugging motion to perform protraction of scapula
4. **Scapular Punches:** Affix theraband to door approximately shoulder height. With back to door grab theraband and mimic punching motion making sure to achieve full protraction.
5. **Cheerleader Exercise:** (Figure 3) Using single piece of theraband held with both hands in front of body, elbows completely extended, pull theraband apart in bilateral horizontal abduction. Return to starting position, then pull theraband in D2 diagonal position with right arm up, then alternate into D2 diagonal with left arm up.



Figure 2



Figure 3

THE ROLE OF THE SCAPULA. Russ Paine, PT1 and Michael L. Voight et al.
Int J Sports Phys Ther. 2013 Oct; 8(5): 617–629.