

Scapular Stability Exercises (Advanced)

ADVANCED PHASES

This phase is comprised of advanced scapular exercises and may not be necessary for all individuals. It incorporates closed chain activities and more aggressive, sport specific techniques important for overhead athletes and throwers.

1. **Super 6:** (Figure 1) A series of scapular exercises that involve reciprocal movements of both arms.
2. **Standing Cable Column Punch:** Using long bar attached to cable column, perform a punching (with protraction) type maneuver with cable column resistance.
3. **Bear Crawl on Swiss Ball:** (Figure 2) With legs on Swiss Ball and trunk extended, maintaining neutral spine, walk out on hands and perform push-up, then crawl back to start position using hands.
4. **Plyoball Deceleration:** With subject kneeling, throw a small (2#) plyoball from behind asking patient to catch and decelerate into internal rotation.
5. **Seated Pike lift:** Using 2 boxes or large dumbbells, have patient place hands on boxes or grasp dumbbells and lift buttocks off table or floor. Goal: 20 second holds.
6. **Standing “Snow Angels” or “Wall Slides”:** (Figure 3) With back against wall perform overhead pressing maneuver and touch hands together above head. Patient attempts to keep back of hands, forearms, and scapulae against wall. Light cuff weights are used for resistance.
7. **Seated Pike Lift:** (Figure 4) Using large dumbbells or blocks, lift buttocks off table and hold for 20 seconds. Target muscle: lower trapezius.
8. **Standing D2 Cocking Cable Column:** (Figure 5) While in standing position, using either theraband or cable column, starting hand in position across the body around shin height, pull upward at a diagonal to achieve “Statue of Liberty” position. Return, with control, to start position and repeat
9. **Others:** Seated Rows and Latissimus Pull Down



Figure 1



Figure 2



Figure 4

and

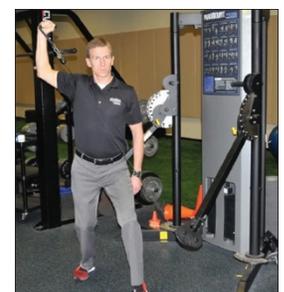


Figure 5