

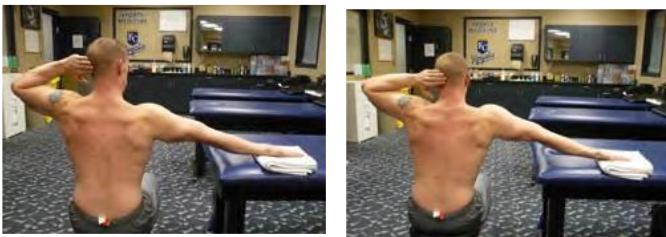
PROGRAM 4: SCAPULA

Table Top Protraction/Retraction To The Front



While facing the table (as pictured), sit upright with your back straight and place your opposite hand behind your head to assist in maintaining proper posture. Place your palm facing up on a folded towel. While maintain your posture, reach out forward as far as possible keeping the palm facing up. Pull Scapula in a back and downward direction, avoid shrugging your shoulders, while maintain a straight arm. Hold contraction for 3 seconds and return to the starting position. Perform until you get a medium to heavy burn in the muscle without weight.

Table Top Protraction/Retraction To The Side



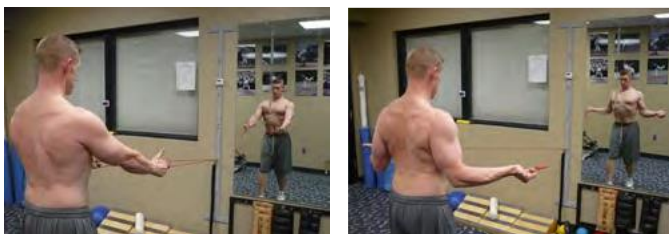
While sitting alongside the table (as pictured), sit upright with your back straight and place your opposite hand behind your head to assist in maintain proper posture. Place your palm facing up on a folded towel. While maintain your posture, reach out to the side as far as possible keeping the palm facing up. Pull scapula in a back and downward direction, avoid shrugging your shoulders, while maintain a straight arm. Hold contraction for 3 seconds and return to the starting position. Perform until you get a medium to heavy burn in the muscle without weight.

Thumb Tack



Stand facing the wall with your arms completely extended and thumbs pressing into the wall. Maintaining pressure and with your shoulder blade fully pressed forward (protracted) rotate thumbs clockwise, then counter-clockwise. Perform until you get a medium to heavy burn in the muscle.

Standing Scapular Row With Tubing



Standing facing wall arms out stretched holding tubing handles with lead pitching leg out in front with knees slightly bent. Squeeze your shoulder blade down and back (set your scaps) continuing into a row slightly externally rotating shoulders with your palms up. Hold contraction for 3 seconds and return to starting position. Perform until you get a medium to heavy burn in the muscle.



Prone Floor A With Hand Rotations

Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be straight and at your side with the hands barely off of the floor. Start with the hands facing palm up and rotate the hands to palm down while squeezing the scaps down and back (as

shown). Hold this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest. Perform until you get a medium to heavy burn in the muscle. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)

Prone Floor T With Hand Rotation



Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be straight out to the side with the hands barely off of the floor. Start with the hands facing thumb down and rotate the hands to thumb up while squeezing the scaps down and back (as shown).

Hold this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest.

Perform until you get a medium to heavy burn in the muscle. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)

Prone Floor Y With Hand Rotation



Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be in a "y" position (about 120 degrees of abduction) with the arms straight. The hands should be barely off of the floor. Start with the hands facing thumb down and rotate the hands to thumb up while squeezing the scaps down and back (as shown). Hold

this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest. Perform until you get a medium to heavy burn in the muscle. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)

Prone Floor 90/90 With Hand Rotations



Lying on the floor, pull your chest off of the ground to nipple height (back should be flat or slightly extended). Arms should be in a "90/90" position (90 degrees of abduction at the shoulder and the elbow flexed to 90 degrees). The hands and elbows should be barely off of the floor. Start with the hands facing thumb down and rotate the hands to thumb up while moving into shoulder external rotation and squeezing the scaps down

and back (as shown). Hold this position for 2 seconds and then slowly return to the start position. Repeat without setting the arms down for rest. Perform until you get a medium to heavy burn in the muscle. (If you experience any neck tightness or other symptoms, use a towel roll to rest your forehead on.)