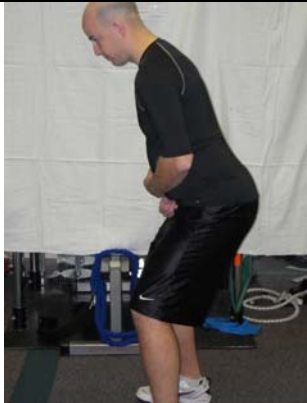

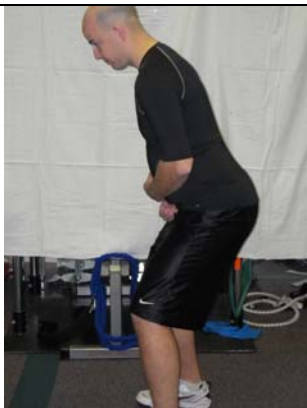

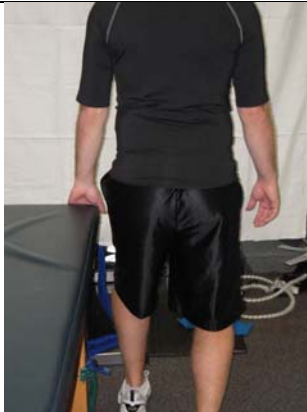























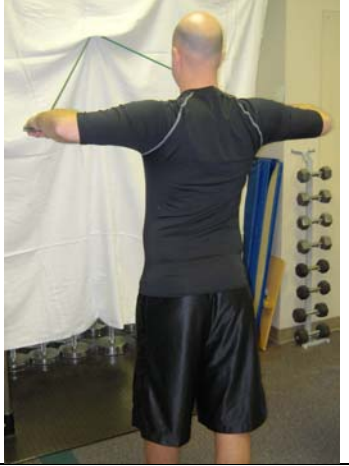
Scapula Strengthening Program

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
	<p>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.</p>		
Robbery			3 x 6
	<p>Begin with knees and trunk slightly bent forward</p>	<p>Stand up straight and slide shoulder blades down without shrugging shoulders, placing “elbows in back pockets”. Hold position for 5 seconds.</p>	
Lawnmower			3 x 6
	<p>Begin with feet staggered and arm down while slightly bending knees and trunk forward.</p>	<p>Move to standing position while keeping arm at waist level and twisting trunk to help slide shoulder blade towards spine.</p>	

<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°			
	Abduction	Flexion	
Rhythmic Stabilization above 90°			
	Abduction	Flexion	
Low Row with Tubing			
Mid Row with Tubing			

<p>High Row with Tubing</p>			
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