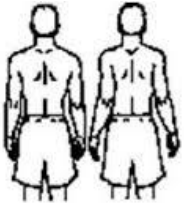
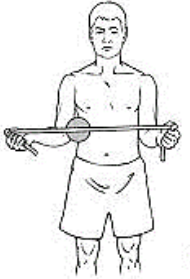


Scapular Squeeze



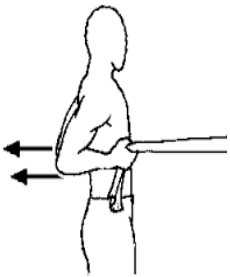
- Stand or sit with you back straight and your knees slightly bent with belly button pulled towards spine
- Squeeze buttocks and lift chest
- Pull shoulder blades back and down together as you lift your chest
- Hold for 3 seconds & slowly return to the starting position
- Goal=work up to 30 repetitions. Perform 1-2 times daily

Scapular Squeeze with Resistance



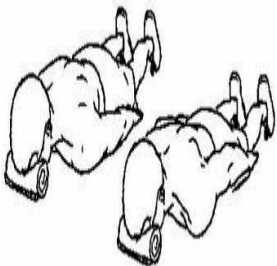
- Stand or sit with you back straight and your knees slightly bent with you belly button pulled towards spine
- Squeeze buttocks and lift your chest
- Grasp tubing in each hand, approx.1 arm's length apart & palms facing the ceiling
- With arms bent and parallel to the floor, tuck your elbows into your sides
- Pull your shoulder blades back and down together as you pull your hands apart but keep your elbows bent and tucked to your sides
- Hold for 3 seconds & slowly return to the starting position
- Goal=work up to 30 repetitions. Perform 1-2 times daily

Scapular Row



- Stand tall or sit with your feet shoulder width apart and your belly button drawn in towards your spine
- Relax your shoulders & set your shoulder blades into a “down and back” position
- Grasp the exercise band/tubing with your hands and position your elbows bent at your sides and step forward or back for appropriate resistance
- Slowly pull the elbows straight back alongside your body; squeezing your shoulder blades together
- Hold for 5 seconds and slowly release the row without losing the set “down & back” position of the shoulder blades back to the starting position
- Goal=work up to 30 repetition. Perform 1-2 times daily

Scapular Squeeze-Lying on Stomach



- Lie on your stomach with a small towel roll under your forehead
- Place your arms at your side with your palms facing up towards the ceiling
- Squeeze your shoulder blades together by pulling them back towards your spine
- Hold for 5 seconds
- Slowly return to the starting position
- Do not let your shoulders come towards your ears
- Goal=work up to 30 repetitions. Perform 1-2 times daily

Progression to Scapular Squeeze and Lift

- Perform a shoulder blade squeeze as described above and then raise your arms slightly off the table while maintaining the shoulder blade squeeze
- Hold for 5 seconds
- Relax the arms back down and then relax the shoulder blade squeeze back to the starting position
- Goal=work up to 30 repetitions. Perform 1-2 times daily