

SCAPULAR STABILIZATION HOME EXERCISE PROGRAM

Instructions:

- Active range of motion with a focus on stretching of the posterior capsule and pectoralis minor.
- Strengthening for the rotator cuff, deltoid, and scapular stabilizers, specifically the rhomboids, lower and middle trapezius, levator, and serratus anterior.
- Begin with isometric exercises before progressing to closed chain exercises and then to open chain isotonic.
- Incorporate postural education.
- No specific motion or strengthening restrictions.
- Please provide with a home exercise program.
- Suggested exercises:
- low row
- lawnmower
- robber's



lawnmower



robber's



Kibler, W. B., Sciascia, A. D., Uhl, T. L., Tambay, N., & Cunningham, T. (2008). Electromyographic analysis of specific exercises for scapular control in early phases of shoulder rehabilitation. *The American Journal of Sports Medicine*, 36(9), 1789–1798

- Progress as tolerated.