

**For a copy of this exercise program you can visit  
[wadeandersonpt.com](http://wadeandersonpt.com)**

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# **SCAPULAR STABILIZATION**

THE FOLLOWING FIVE EXERCISES strengthen the muscles between your shoulder blades. These muscles are important for body alignment and good posture and help to stabilize the shoulder girdle for safe movement of the shoulder joints. Another benefit of these exercises is that they help increase your shoulder range-of-motion.

You will be using a resistive band (such as a Thera-Band®), which provides resistance to movement. Although the exercises can be done seated or standing, it is better to start by lying on your back. In this position, your back is supported and stable so that you can move your arms without twisting your body and without injuring your shoulders.

**GENERAL INSTRUCTIONS (Do in sitting position but if doing lying down, do in bed)**

Lie on your back with your knees bent (feet flat on the floor), feet pointing straight ahead, feet and knees hip distance apart. If you have been able to do the other exercises with legs extended and knees straight, and have had no strain or discomfort in your back, you can do the same for these exercises, although for isolation of shoulder movement it is better to have knees bent.

Start each exercise with 5 repetitions. If that is too many, then start with 3. Work up to no more than 10 repetitions for each exercise.

*Breathe out as you do the movement of each exercise.*

*Do not hold your breath.*

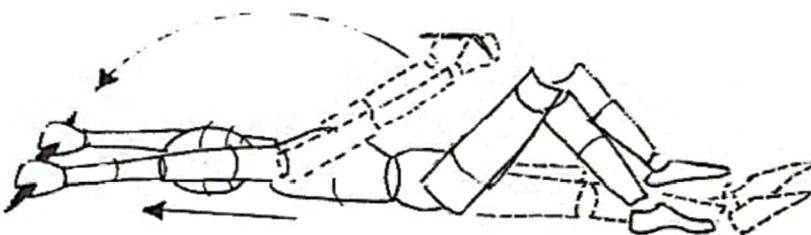
After you have mastered the exercises, you may want to increase the resistance with a different band; the bands are color-coded so you can tell which resistance you are using.

# THE OVERHEAD

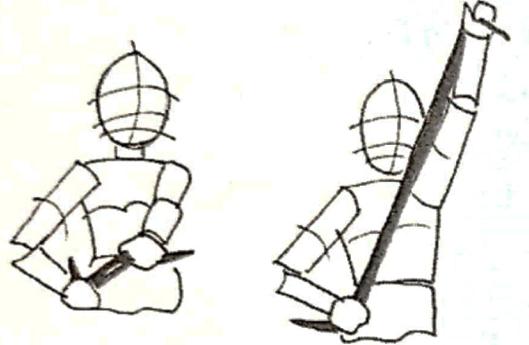
1. Lie on your back or in seated position
2. Grasp the band with both hands at about hip level, elbows straight and palms down.
3. Pull the band outward to the sides, then bring arms up and back overhead as far as you can.

Keep elbows straight and keep tension on the band throughout the movement.  
*(Breathe out as you move your arms overhead.)*
4. Hold position 2–3 seconds, then bring arms down to hip level.
5. Repetitions: 3–10.

This exercise is easier with the hands far apart and harder with the hands closer together.



# THE SASH



1. Lie on your back or in seated position
2. Grasp the band with the right hand, and place it on your right prominent front hip bone.
3. With elbow straight and thumb pointed downward, bring left hand up in the air over your navel.
4. Starting with some tension on the band, pull the left arm up diagonally and overhead, so the band crosses your chest like a sash.

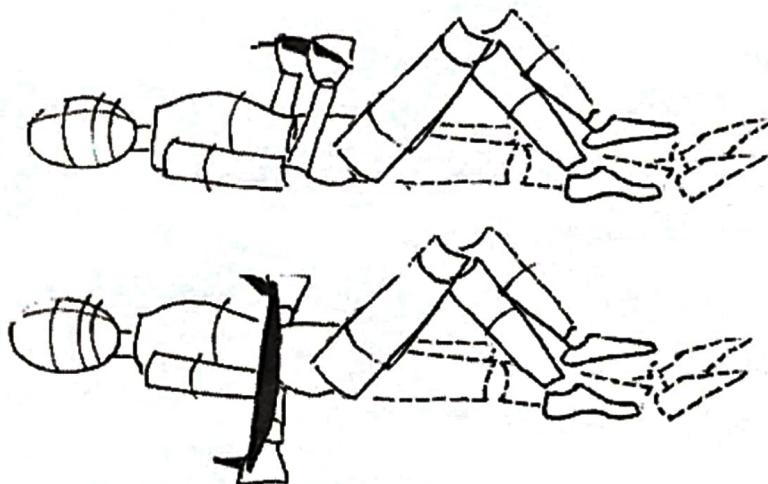
Keep elbow of the moving arm straight throughout the movement. Tension on the band will increase as you pull on it. *(Breathe out as you move your arm diagonally and overhead.)*
5. Hold 2–3 seconds, and return to the starting position (#3).
6. Repetitions: 3–10.
7. Change sides and repeat with right arm 3–10 times.

# ARM ROTATION

1. Lie on your back or can do in seated position
2. Grasp the band with your hands turned toward your face. Bend elbows to a right angle and tightly tuck them into your sides.
3. Pull band apart, bringing hands down toward the floor.

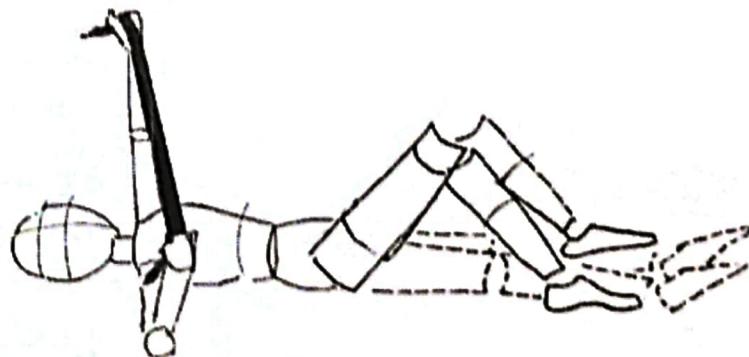
If you are unable to pull your hands apart with your elbows tucked and bent, move one arm at a time, then try both together.  
*(Breathe out as you move your arms outward.)*

4. Hold position 2–3 seconds, then return to the starting position.
5. Repetitions: 3–10



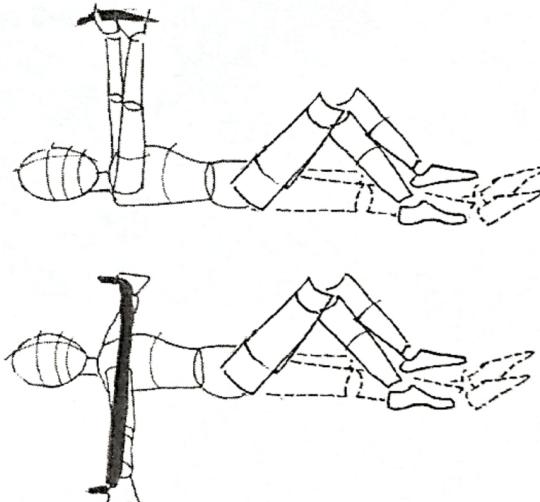
# BOW AND ARROW

1. Lie on your back or can do in seated position
2. Grasp the band with both hands; bring arms straight up in front of you until they are at a right angle to your body, and your hands are about 5–7 inches apart.
3. With your left elbow straight, pull right arm down, bending the elbow at the same time (as if to shoot an arrow from a bow).  
*(Breathe out as you move your arm downward.)*
4. Hold position 2–3 seconds, then return to the starting position (#2).
5. Repeat the movement 3–10 times with right arm.
6. Repeat #3, #4 and #5, keeping the right elbow straight and pulling down with the left arm.



# THE SIDE PULL

1. Lie on your back or perform in a seated position
  2. Grasp the band with both hands at about hip level, elbows straight and palms down.
  3. With elbows straight, bring arms up to a right angle with the body.
  4. Keeping elbows straight, pull the band out to the sides.
- Your hands will come down to the floor and the band will cross your collarbone.  
*(Breathe out as you move your arms out to the sides.)*
5. Hold 2-3 seconds, then return to the starting position (#3).
  6. Repetitions: 3-10



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**Exercise is not without its risks and this or any other exercise program may result in injury. Do not do anything that causes joint pain. Perform all movements within a pain free range of motion. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.**