

Periscapular Shoulder Strengthening Exercises



Towel Stretch
 Hold uninvolvement arm over shoulder with towel as shown. Grasp towel with involved arm. Slowly pull upward with uninvolvement arm until a gentle stretch is felt.



Horizontal Adduction Stretch
 Bring involved arm across in front of body, holding elbow with opposite hand as shown. Pull involved arm across chest until a gentle stretch is felt in the back of the shoulder.



Sleeper Stretch
 Lie on involved side on a flat surface. Place involved arm at ___ angle from body. Using uninvolvement hand, push down on hand toward table as shown.



Corner Stretch
 With shoulder at ___ degree angles, place elbows and forearms on wall as shown. Lean forward until a gentle stretch is felt in chest.

Scapular Retraction Sets

Scapular hold "Straight"

- Both hands straight out in front of you
- Pull shoulders back like you feel your shoulder blades squeezing together
- Hold for 3 seconds, relax for 3 seconds
- 10 repetitions

Scapular hold "T"

- Begin with scapular hold "Straight"
- Put arms in a "T" position with arms straight out to your sides while holding shoulder blades squeezed together
- Hold for 3 seconds, relax for 3 seconds
- 10 repetitions

Scapular hold "Y"

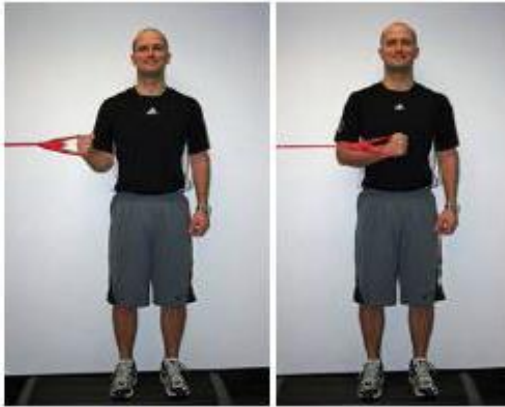
- Begin with scapular hold "Straight"
- Put arms in a "Y" position up overhead while holding shoulder blades squeezed together
- Hold for 3 seconds, relax for 3 seconds
- 10 repetitions

Scapular hold "I"

- Begin with scapular hold "Straight"
- Put arms in a "I" position up overhead while holding shoulder blades squeezed together
- Hold for 3 seconds, relax for 3 seconds
- 10 repetitions

External and Internal Rotations

- 10 reps, each arm, 3 sets:



Internal Rotation with Theraband
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand across body as shown.



External Rotation with Theraband
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand away from body as shown.



Standing Shoulder Shrugs
Stand with feet shoulder width apart. Raise shoulders upward toward ears. Return to starting position.



Supine Punch
Lie on back, arm straight. Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off the table.



Prone Horizontal Abduction
Lie face down, arm down. Raise arm and hand to shoulder height as shown, keeping elbows straight and squeezing shoulder blades together.



Prone Scaption
Lie face down, arm toward the ground. Raise arm and hand at a 45° angle as shown. Keep elbows straight and squeeze shoulder blades together.