



# Scapular Stability

## Doorway Pec Stretch



Stand with your feet hip width apart. Place one leg in front of you. Hinging from your hips, reach forward towards your toes, keeping your torso straight.

**Reps: 10 reps with a 10 second hold**

**Sets: 2 sets each arm**

**Frequency: 1x/day, 7 days/week**

## OpenBookStretch



Begin by lying on your side, with a slight bend in the knees and arms extended, hands together. Lift your top arm towards the ceiling and rotate your torso to reach behind you, with the top arm remaining straight.

**Reps: 10 reps with a 10 second hold**

**Sets: 2 sets each side**

**Frequency: 1x/day, 7 days/week**

## I/T/Y



(I)



(T)



(Y)

I: Begin by lying on a table or bench, with one arm held by your side, thumb positioned up towards the ceiling. Lift the arm up towards the ceiling while squeezing the shoulder blade.

T: Begin by lying on a table or bench, with one arm held out in a T position, thumb positioned towards the ceiling. Lift the arm up towards the ceiling while squeezing the shoulder blade.

Y: Begin by lying on a table or bench, with one arm held above your head and slightly out to the side in a Y position, thumb positioned up towards the ceiling. Lift the arm up towards the ceiling while squeezing the shoulder blade.

**Reps: 10-15 reps**

**Sets: 2 sets in each position**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Serratus Punch Ups



Begin by lying on a table or bench, both arms by your side. Punch one arm up towards the ceiling, and once the elbow is fully extended, lift the shoulder and blade off the table, reaching higher towards the ceiling.

**Reps: 10-15 reps**

**Sets: 2 sets on each arm**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Scapular Retractions



Anchor an elastic band to a secure object at chest height. Squeeze your shoulder blades down and back. Extend your arms backward while keeping your elbow straight. Return to the starting position.

**Reps: 10-15 reps**

**Sets: 2 sets on each arm**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Wall Angels



Stand with your back against a wall. Engage your shoulder blade muscles to bring your scapula down and back, and then place your arms in a 'W' position with your elbows, wrists, and back of hands against the wall. Move your arms up and down as if making a 'snow angel' while keeping everything in contact with the wall.

**Reps: 10-15 reps**

**Sets: 2 sets on each arm**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## Push Up Plus



Anchor an elastic band to a secure object at chest height. Squeeze your shoulder blades down and back. Extend your arms backward while keeping your elbow straight. Return to the starting position.

**Reps: 8-10**

**(as many as you can while keeping good form)**

**Sets: 2-3 sets**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

## No Moneys



Holding a band in both hands, bend your elbows so that they are at 90 degrees and squeeze your elbows in to your sides. Keeping your elbows at your sides, rotate your arms outwards, bringing your hands apart. Squeeze your shoulder blades together as you do so.

**Reps: 10-15 reps**

**Sets: 2 sets in each position**

**Frequency: 2-3x/wk (try not to do 2 days in a row)**

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