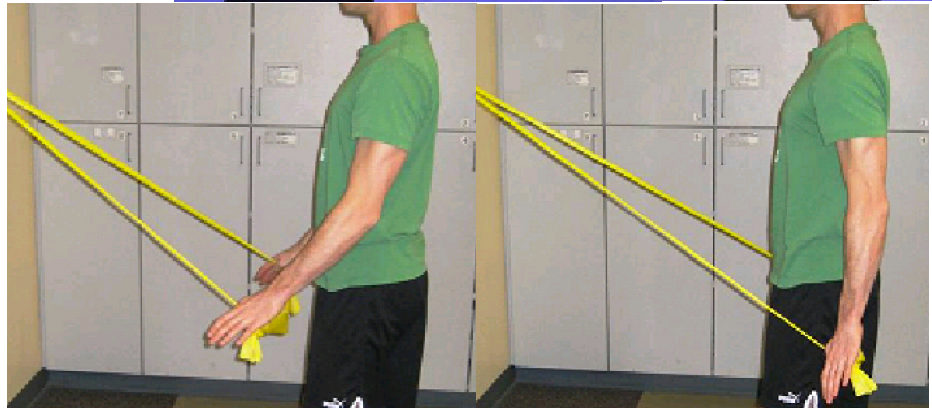
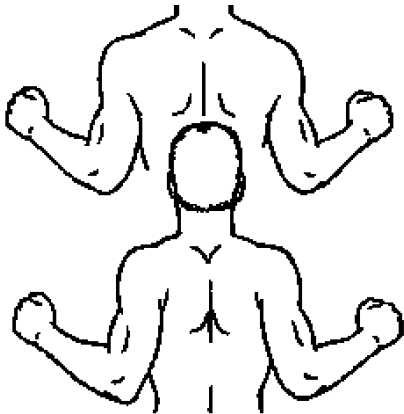
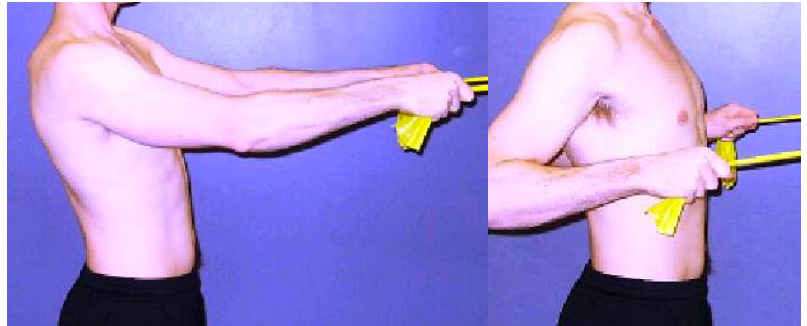


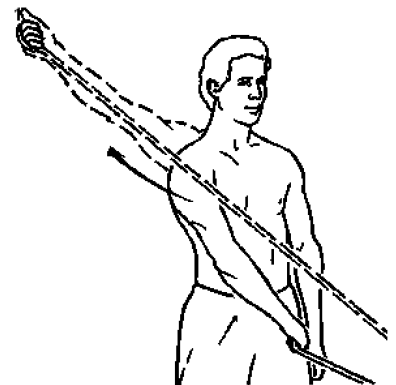
## Home Exercise Program for Strengthening of the Scapular Stabilizing Muscles

Often a single therapy session can be helpful to teach patients how to do these exercises. For patients exercising at home, Dr. Chalmers recommends heat before exercises and ice afterwards. Most patients using a home exercise program should perform their exercises 3-4 times per day, performing three sets of ten repetitions for each exercise.

**Row** - Stand facing a door with the theraband attached to the doorknob. Start with your elbows bent and your upper arms at your side. Keep your upper arm close to your side and pull back until your hand is level with your body. Then slowly return to the start position. "Squeeze" your shoulder blades together as you pull. You can repeat with the elbows straight, pulling down.

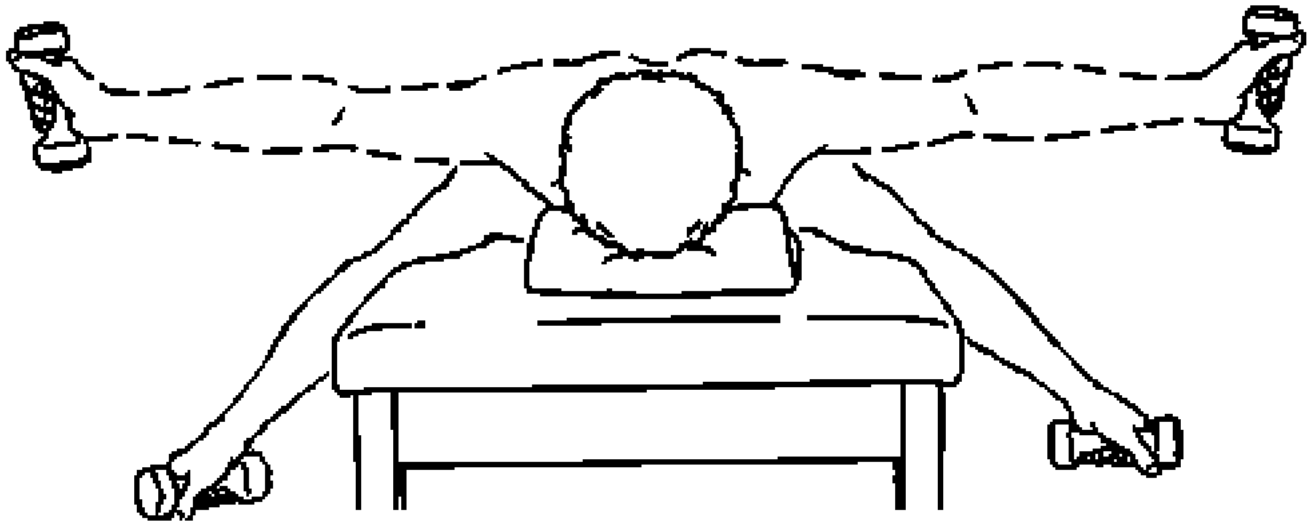


**Lawn mower starter** - Attach your theraband to the foot of a heavy chair or table. Then pull the band up towards your chin as though you were starting a lawn mower. You can repeat this exercise in the opposite direction (reaching towards the opposite ear with the theraband coming from the opposite side) and from the top to bottom. "Squeeze" your shoulder blades together as you pull.

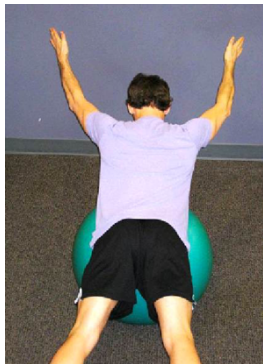


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**Scapular Retraction** – During these exercises, focus upon pulling the shoulder blades together. Start by squeezing the shoulder blades together to get used to the muscles that contract to bring your shoulder into this position. Recreate this sensation during the exercise. Lie on your stomach with your arm hanging towards the floor. Raise your arm to your side until it is parallel to the floor.



You can also perform this exercise on an exercise ball to work your core. Repeat with the arms...  
in an "I" position, in a "W" position, in a "T" position, and in a "Y" position.



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**Corner Stretch** - Begin facing a corner, with your arms up and away from the body as though you were going to throw a ball or give a "salute". Lean your elbows and forearms against both walls. Then lean forward. You should feel a stretch in the front of the shoulder radiating down into the chest.

