

**Notes :**

First Steps - Scapular control

**1 Shoulder blade squeeze**



Sets: 1 Reps: 10 Hold: 10 seconds

Tuck your chin slightly and keep your spine tall.

With your arms relaxed on your side squeeze your shoulder blade together with shrugging them.

Gently relax the position and repeat.



## 2 Brugger exercise



Sets: 1 Reps: 10 Hold: 10 seconds

Stand up with with your arms relaxed on your side.

Rotate your arms so your thumbs are pointing backward to open the chest.

Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.

### 3 Lower trap retraction on wall

Sets: 2 Reps: 5



Stand facing a wall.

With the elbows down and the side of your hands and forearms on the wall, pinch your shoulder blades down and in.

If you are able to do it, raise your hands slightly higher on the wall. Keep raising your arms until the shoulder blades movement becomes difficult-perform the repetitions from there.

In that position, pinch your shoulder blades down and in, release the position and repeat the exercise for the prescribed number of repetitions.

## 4 Serratus bear hug

Sets: 3 Reps: 5 Freq: 2-3x week



Stand up with a looped band behind your upper back, holding the ends in both hands. Starting with the arms extended on the side, move the arms forward as you were hugging someone but with the elbows extended. The movement should be in the shoulder blades. Do not shrug the shoulders or clench the neck.

## 5 Depression+retraction, elastic

Sets: 3 Reps: 5 Freq: 2-3x week



Stand and tie an elastic very high in front of you. Firmly hold the ends of the elastic in each hand and slightly raise your arms forward. Lower and squeeze your shoulder blades together without moving the arms. Return and repeat.



## 6 Scapular protraction

Sets: 2 Reps: 5

Stand facing a table and put your hands on the edge of the table with your elbows straight. Bend your elbows to bring your chest closer to the table and push yourself back up-pushing all the way to round your upper back and to protract your shoulder blades. Make sure you don't arch your back when you do this movement. Keep your stomach muscles tight.



## 7 Brugger exercise w/ band

Sets: 2 Reps: 5

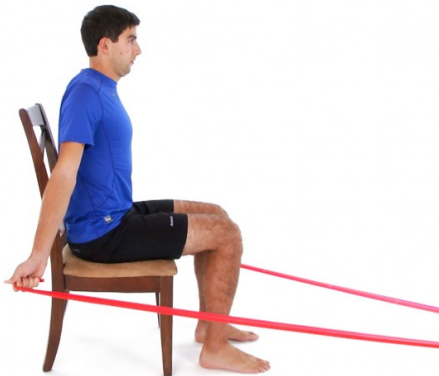


Sit on a chair with your arms relaxed on your sides.

Hold the extremities of a band secured to an object located in front of you.

Rotate your arms so your thumbs point backward in order to open the chest.

Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.



## 8 Body lift on chair



Sets: 2 Reps: 5

Sit on a firm chair with your arms at your sides.

Lift your buttocks off the chair by pushing down with your hands with your elbows straight.

To progress, do the exercise on a chair with low and sturdy armrests.





## 9 Serratus punch

Sets: 2 Reps: 5

In crook lying, bring the hands over your shoulders, palms facing each other. Keeping the thoracic spine on the floor, try to bring the hands closer to the ceiling without lifting your shoulders to your ear or arching the lower back.

