Prone Scapular Stabilization Series

Setup

- Position yourself on an exercise ball so that the ball sits between your lower ribs and upper thighs.
- Place feet about hip distance apart.
- Knit your ribs and abdominals together to avoid low back strain.



A. Purpose: Strengthen middle trapezius

1. Extend both arms out to your sides so they are parallel to the floor, thumbs pointing up.
2. Squeeze your shoulder blades toward your spine and allow your arms to lift 4 to 6 inches toward the ceiling.
3. Repeat for 8 pulses.
4. Proceed to exercise B.



B. Purpose: Strengthen lower trapezius

1. Extend both arms overhead in a “V” position, with thumbs pointing up.
2. Pull your shoulder blades down and in toward your back pockets while allowing your arms to lift 4 to 6 inches toward the ceiling.
3. Repeat for 8 pulses.
4. Proceed to exercise C.



C. Purpose: Strengthen rhomboids

1. Place arms in “W” position with palms facing the floor and elbows next to your body.
2. Pull your shoulder blades and elbows toward your back pockets. Your hands and forearms should remain parallel to the floor.
3. Repeat for 8 pulses.

Note: These exercises are meant to be done one after another (8 pulses of exercise A immediately followed by 8 pulses of exercises B and so on) to strengthen the muscles around your shoulder blades. They can be done in any order.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.