Shoulder: Scapular Mobilization Exercises – General Mobility

Do each exercise slowly.

Repeat each exercise 5 to 10 times per day.

1. Bend chin toward chest and return to forward facing.
2. Turn chin toward shoulder and back, to each side.
3. Raise arms forward overhead.
4. Raise arms sideways over the ears.
5. Touch hands behind neck.
   Touch hands behind low back.
6. Do shoulder circles – forward and backward.
7. Do shoulder shrugs.
8. Try to pinch the shoulder blades together and then spread shoulder blades apart.
9. Stand in a corner. Place hands on adjoining walls.
   Lean into wall. Do push-ups against the corner.