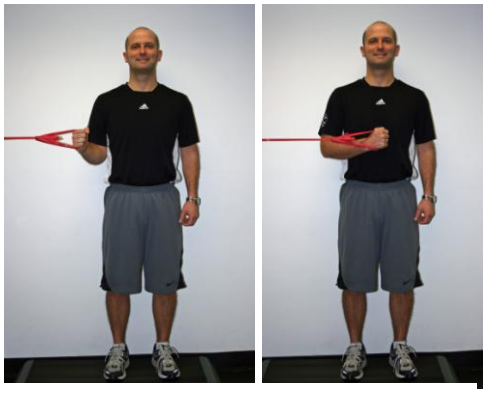
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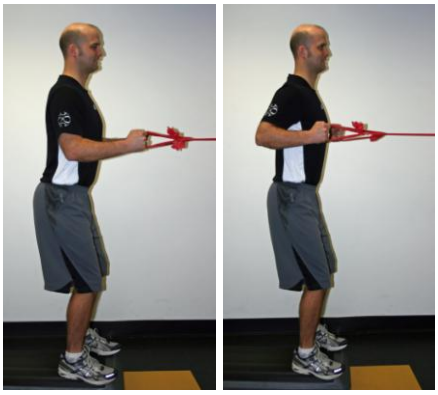
SCAPULAR DYSKINESIS



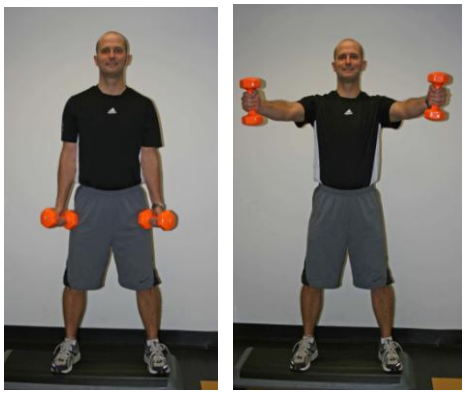
Internal Rotation with Theraband
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand across body as shown.



External Rotation with Theraband
Secure elastic at waist level. Hold elbow at 90 degrees, arm at side. Pull hand away from body as shown.



Theraband Rows
Attach band to secure object. With elbows by your side, pull band back as shown, squeezing shoulder blades together.



Standing Scaption
Hold arm at side, elbow straight, thumb up. Lift arm at 45` angle to shoulder height as shown.

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Standing Shoulder Shrugs
Stand with feet shoulder width apart. Raise shoulders upward toward ears. Return to starting position.



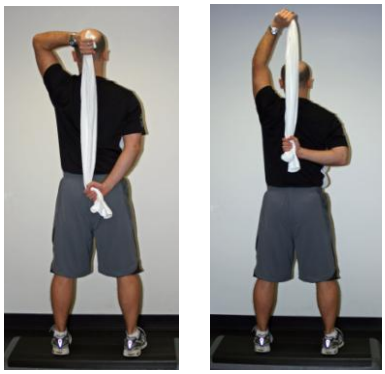
Supine Punch
Lie on back, arm straight. Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off the table



Prone Horizontal Abduction
Lie face down, arm down. Raise arm and hand to shoulder height as shown, keeping elbows straight and squeezing shoulder blades together



Prone Scaption
Lie face down, arm toward the ground. Raise arm and hand at a 45` angle as shown. Keep elbows straight and squeeze shoulder blades together.

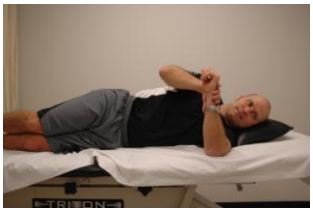


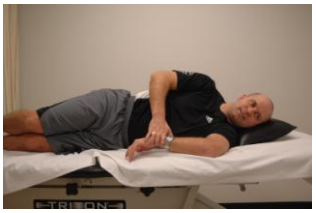
Towel Stretch
Hold uninvolved arm over shoulder with towel as shown. Grasp towel with involved arm. Slowly pull upward with uninvolved arm until a gentle stretch is felt.



Horizontal Adduction Stretch
Bring involved arm across in front of body, holding elbow with opposite hand as shown. Pull involved arm across chest until a gentle stretch is felt in the back of the shoulder.

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Sleeper Stretch

Lie on involved side on a flat surface. Place involved arm at ____angle from body. Using uninvolved hand, push down on hand toward table as shown.





Corner Stretch

With shoulder at ____degree angles, place elbows and forearms on wall as shown. Lean forward until a gentle stretch is felt in chest.