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**Sports Medicine**

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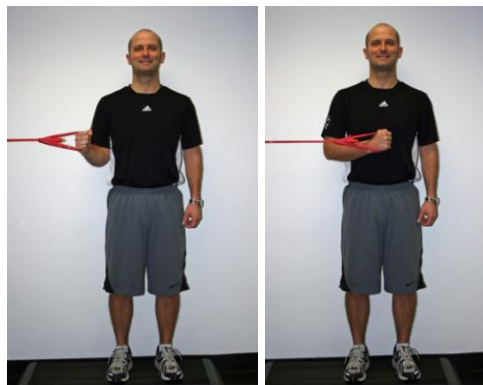
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## SCAPULAR DYSKINESIS



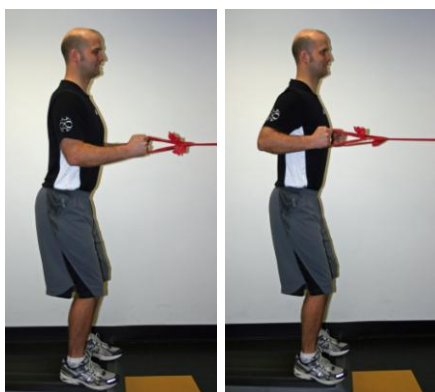
### Internal Rotation with Theraband

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



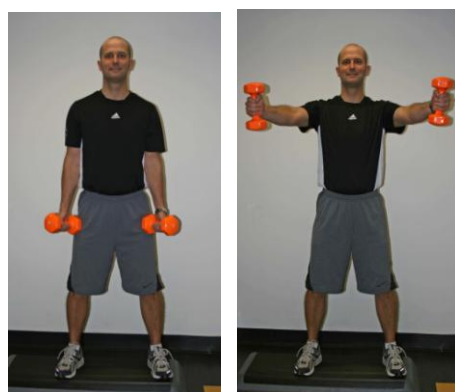
### External Rotation with Theraband

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.



**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.



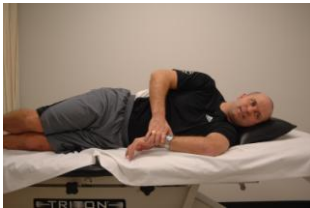
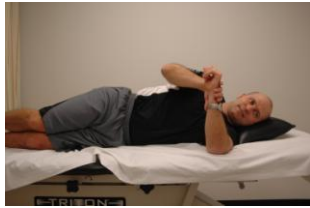
**Towel Stretch**

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.



**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.