Connecticut Orthopaedics

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**Sports Medicine/Foot & Ankle**

**Shoulder/Scapula Exercises**
Home Exercise Program

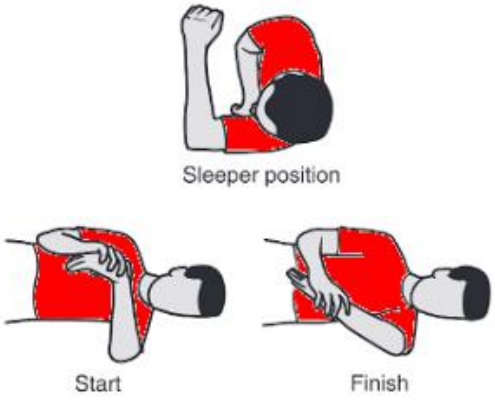
These exercises and stretches were designed to work on the flexibility and strengthening of your shoulder/scapula muscles. They will help ensure that your body is moving properly; decreasing the stress on your shoulders and elbows. You should also stretch your lower body muscles to ensure a proper kinetic chain.

If you are a competitive overhead athlete, these exercises/stretches will continue to be a part of your prehab throughout your athletic career. This program should be initiated **six weeks** before your season starts and continued throughout your season. During the off season, you will continue to perform the exercises; however, you will not need to perform them as often (about 50% as much).

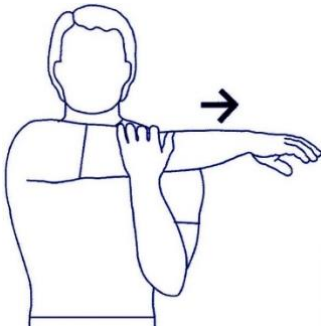
Perform your lower body stretching and your sleeper stretch three times per day. From the program, pick one or two exercises from each of the four pages to perform; making sure to rotate through all of them. These exercises should be performed every other day.

*Perform the following stretches:

**Sleeper stretch**




**Cross body horizontal adduction stretch**



**Sleeper stretch:** Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent. You can place your head on a pillow for comfort, if needed.

Use your unaffected arm to slowly push your affected arm down towards the hard surface. You should feel a stretch in the back of your affected shoulder.

**Cross body stretch:** Stand with good posture. Cross your arm over your chest and hold. If you do not feel a stretch, hold this position while trying to squeeze your shoulder blades together. You should feel a stretch in the back of your affected shoulder.

Hold both positions for 30 - 45 seconds. Perform 3 - 4 reps of each, 3 - 4 times per day.