

Peri-Scapular Strengthening Home Exercise Program

All exercises should be completed as 3 sets of 10 repetitions, unless otherwise instructed. Shoulder strengthening exercises should be completed 1-2 per day, about 5 times per week. These exercises should be performed on both upper extremities following a good warm-up.

T's, Y's and I's (perform as 3 sets of 20-30 seconds)

T's – Laying on your stomach, spread your arms out straight at shoulder height with your thumbs pointing towards the floor. Squeeze your shoulder blades together, and pulse your arms up and down.

Y's – Laying on your stomach, spread your arms out angled above your head creating the shape of a “Y” with your palms towards the floor. Squeeze your shoulder blades together, and pulse your arms up and down.

I's – Laying on your stomach, raise your arms out straight above your head with your palms towards the floor. Squeeze your shoulder blades together, and pulse your arms up and down.



Rows

Standing with feet shoulder width apart, reach out in front of yourself and grab hold of resistance bands. Pull the bands towards yourself while bending your elbows at your side and squeezing your shoulder blades. Slowly allow your arms and bands to return to start position.



Resisted W's

Standing or seated, hold the end of one resistance band in each hand. Your elbows should be bent by your side and hands should be slightly above your elbows. Pull your hands apart and squeeze your shoulder blades, feeling the resistance from the band. Slowly allow your hands to return to start position. Your elbows should remain bent by your side at all times.



Shoulder Flexion

With the resistance band coming from behind you, raise your hand up to shoulder height with your elbow straight. Be sure to squeeze your shoulder blade back during this motion. Hold momentarily and then slowly lower your arm back down to your side.



Shoulder Extension

With the resistance band coming from in front of you, begin with your arm straight out in front of you while holding the end of the band. Pull the band down and backwards while squeezing your shoulder blade. Hold momentarily and then slowly return your arm to start.



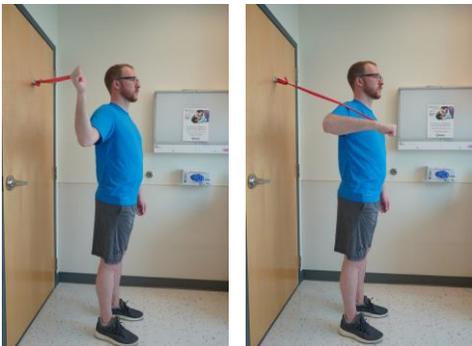
Abducted External Rotation

Starting with the arm out to the side at shoulder height, with the elbow bent to a 90° angle and the palm facing the floor; grip the resistance band. Rotate your arm backwards to lift the palm facing forward while feeling the resistance coming from in front of you. Hold momentarily, then allow your arm to rotate forward back to start. Be sure to squeeze your shoulder blade throughout the motion.



Abduction Internal Rotation

Starting with the arm out to the side at shoulder height, with the elbow bent to a 90° angle and the hand raised up by the ear; grip the resistance band. Rotate your arm forwards bringing the palm towards the floor, feeling the resistance coming from behind the arm. Hold momentarily, then allow your arm to rotate backwards to start. Be sure to squeeze your shoulder blade throughout the motion.



Punches

Start with your elbows bent and your hands up by your shoulders. The resistance bands should be coming from behind you. Punch forward and up in a slow and controlled manner while squeezing your shoulder blades together. Hold momentarily and then allow your arms to return to the start position.

