# PERISCAPULAR STABILIZATION AND STRENGTHENING EXERCISES





***Scapular Retraction Sets***

* Scapular hold "Straight"
	+ Both hands straight out in front of you
	+ Pull shoulders back like you feel your shoulder blades squeezing together
	+ Hold for 3 seconds, relax for 3 seconds
	+ 10 repetitions
* Scapular hold "T"
	+ Begin with scapular hold "Straight"
	+ Put arms in a "T" position with arms straight out to your sides while holding shoulder blades squeezed together
	+ Hold for 3 seconds, relax for 3 seconds
	+ 10 repetitions
* Scapular hold "Y"
	+ Begin with scapular hold "Straight"
	+ Put arms in a "Y" position up overhead while holding shoulder blades squeezed together
	+ Hold for 3 seconds, relax for 3 seconds
	+ 10 repetitions
* Scapular hold "I"
	+ Begin with scapular hold "Straight"
	+ Put arms in a "I" position up overhead while holding shoulder blades squeezed together
	+ Hold for 3 seconds, relax for 3 seconds
	+ 10 repetitions
* External and Internal Rotations
	+ 10 reps, each arm, 3 sets:

## External Rotations:

* + Secure band at waist level
	+ Hold elbow at 90°, arm at side
	+ Pull hand away from body as shown

## Internal Rotations:

* + Secure band at waist level
	+ Hold elbow at 90°, arm at side
	+ Pull hand across body as shown

## External Rotations, laying on your side:

* + Lie on your side, arm at side, elbow bent 90°
	+ With or without weight, move hand up as shown
* Inferior Trapezius Pulls
	+ Stand upright, shoulder blades squeezed together
	+ Grasp elastic bands with both hands
	+ Keep elbows straight, pull back as shown, trying to reach behind you
	+ 10 reps, 3 sets