



BRANDON  
PLANT CITY  
TAMPA  
APOLLO BEACH

Dx: ☐ Right ☐ Left      **SCAPULAR STABILIZING EXERCISES**

Date of Surgery: \_\_\_\_\_ Patient Name: \_\_\_\_\_

PT/OT: Please evaluate and treat. Follow attached protocol. 2-3 x per week x 6 weeks.

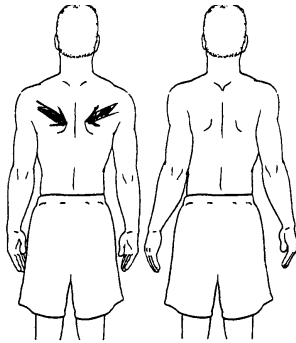
Signature/Date: \_\_\_\_\_

With arms at sides,  
pinch shoulder  
blades together.

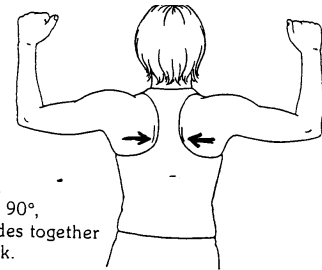
Repeat 20 times per set.

Do 1-2 sets per session.

Do 2-3 sessions per day.



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With arms elevated  
and elbows bent to 90°,  
pinch shoulder blades together  
and press arms back.

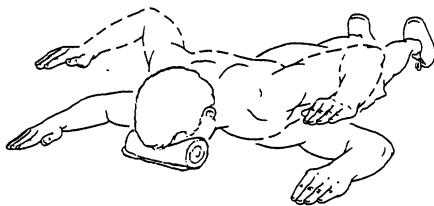
Repeat 20 times per set.

Do 1-2 sets per session. Do 2-3 sessions per day.

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#### SHOULDER - 107

**Scapular Retraction:** Abduction (Prone)



Lie with upper arms straight out from sides,  
elbows bent to 90°. Pinch shoulder blades together  
and raise arms a few inches from floor.

Repeat \_\_\_\_\_ times per set.

Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

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#### SHOULDER - 112

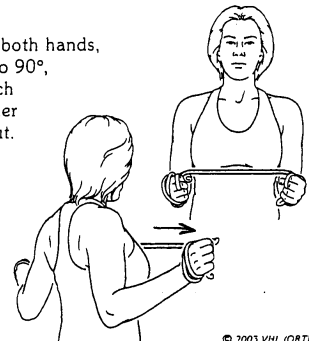
**Resisted External Rotation**  
in Neutral – Bilateral

Sit or stand, tubing in both hands,  
elbows at sides, bent to 90°,  
forearms forward. Pinch  
shoulder blades together  
and rotate forearms out.  
Keep elbows at sides.

Repeat 20 times per set.

Do 1 sets  
per session.

Do 2-3 sessions  
per day.



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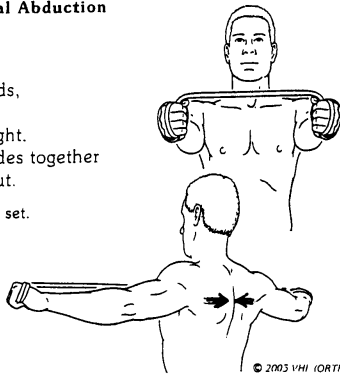
SHOULDER - 113  
**Resisted Horizontal Abduction**  
 Bilateral

Sit or stand,  
 tubing in both hands,  
 arms out in front.  
 Keeping arms straight,  
 pinch shoulder blades together  
 and stretch arms out.

Repeat 20 times per set.

Do 1 sets  
 per session.

Do 2-3 sessions  
 per day.



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Prone horizontal abduction in external rotation:  
 Lie on table face down with involved  
 arm hanging down, thumb rotated out as  
 far as possible. Raise arm out to the side  
 parallel to the floor.

10 reps 3 sets ~~10 reps 3 sets~~

