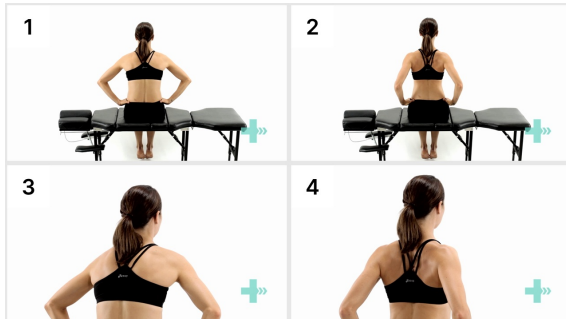


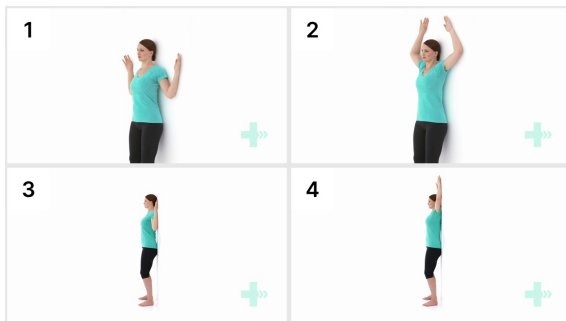


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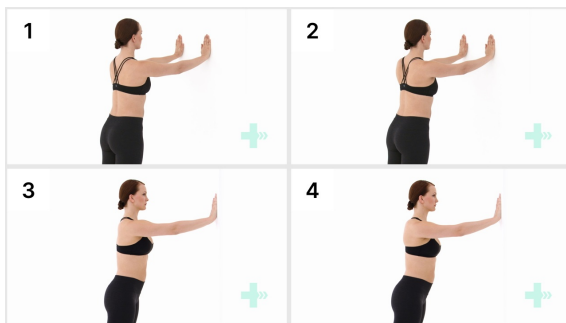
1. Scapular retraction/depression strengthening, hands on waist, sitting on table

Start in a seated position and place your hands on your hips.
Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.
Keep your shoulders pressed down and away from the ears at all times.



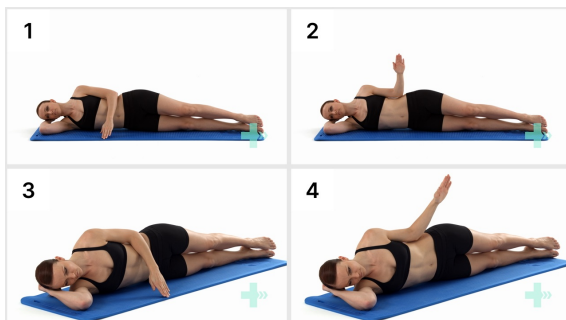
2. "Wall angels" Scapular stabilization, standing

Stand with your back against a wall and bend your knees a little.
Your shoulders and head should be touching the wall.
Start with your upper arms at your side with your elbows bent.
Your wrists and forearms should be touching the wall.
Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.
When you reach as far as you can, slide the arms back down to the start position.



3. Scapular stabilization strengthening, pushing into wall (bilateral), standing

Stand up straight facing a wall.
Place your hands at shoulder height on a wall.
Keep your arms straight and push the heels of your hands into the wall, tightening your shoulder blades to your rib cage.
Your chest should move away from the wall.
Relax your shoulder blades, allowing your chest to move towards the wall again.
Your elbows should remain straight throughout this exercise.
Repeat this movement.



4. Shoulder external rotation AROM, arm bent, side lying; 02

Lie down on your unaffected side.
Place your symptomatic arm down along the side of your body.
Bend your elbow to a right angle and rotate your forearm up and down, maintaining contact between your upper arm and the side of your body.

5. "Plank (low)" Core/scapular strengthening isometric; 01

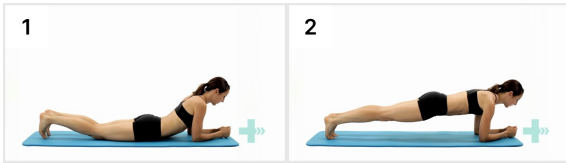
Lie on your front with your toes on the floor.

Place your forearms on the floor and push up, lifting your torso and legs.

Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.

Keep your buttocks squeezed and your hips level.

You will feel the core muscles working.



1. Scapular retraction/depression strengthening, hands on waist, sitting on table



Prescription/Date:																				
1 Set																				
10 Reps																				
10 s Hold																				

2. "Wall angels" Scapular stabilization, standing



Prescription/Date:																				
2 Sets																				
15 Reps																				
1 s Hold																				

3. Scapular stabilization strengthening, pushing into wall (bilateral), standing



Prescription/Date:																				
2 Sets																				
15 Reps																				
1 s Hold																				

4. Shoulder external rotation AROM, arm bent, side lying; 02



Prescription/Date:																				
1 Set																				
30 Reps																				

5. "Plank (low)" Core/scapular strengthening isometric; 01



Prescription/Date:																					
3 Sets																					
1 Rep																					
10 s Hold																					