DELAWARE ORTHOPAEDIC SPECIALISTS

SCAPUALA PROGRAM

PERFORM 1 SET OF 10-12 REPS HOLD FOR A COUNT OF 5 FOR EACH. REPEAT 1-3X PER DAY

No Money

Standing with your arms to the side and elbows bent at 90 degrees. Palms should be facing up. Rotate outward from the body as shown



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Shoulder Shrugs with Backward Retraction

Squeeze your shoulder blades together. While in this position, raise shoulders upward towards ears, and then roll backwards and around as far as you can. Motion simulates a drawing of a backwards “D” and should be performed in a slow controlled manner. Then return back to starting position.



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Wall Scapular Protraction/Retraction

Place hands on the wall as pictured below, with hands just slightly wider than shoulder width apart. Squeeze the shoulder blades together and perform a "mini" pushup without bending the elbows. You will feel slight movement in the shoulder, but should not have your face coming close to the wall when performing. Hold position for a few seconds and then release.



Scapular Depression

Sit on the edge of a couch, table, or bed and place hands next to you as seen in the picture. Squeeze your shoulder blades together and press down on the seat with both hands. Make sure to keep your elbow straight. Hold for about 10 seconds and release.



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Sleeper Stretch

Lay on your injured with shoulder raised 90 degrees and elbow bent 90 degrees. Place the hand of your good arm just below the wrist of your bad arm (closer to your elbow vs. near the hand). Slowly push arm down towards the table until you feel a slight pull/stretch in the back of the shoulder. Hold 20-30 seconds.

*make sure to lie completely on your side, do not roll backwards

*if more stretch is needed can place chin on shoulder



Horizontal Abduction

Grab the elbow of the shoulder that you are stretching and pull across your body until you feel a slight stretch. Hold for 30 seconds

