



1-888-218-4045

Scapular Stabilization Exercises

These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms severely worsen, discontinue exercises and contact your physician.



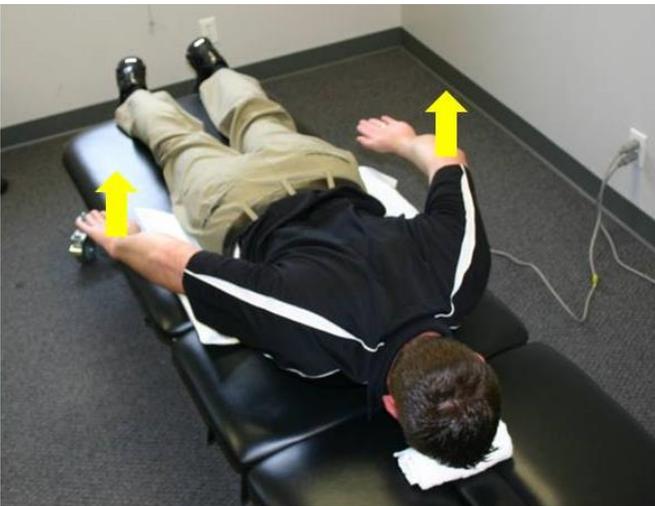
Scapular Stabilization: T's

Lay on your stomach on a bed or on the floor with a pillow under your abdomen and a rolled hand towel under your forehead. Start with your arms out from your sides like a "T" as shown above. Lift both arms up toward the ceiling, "pinkie fingers" up. Repeat 10 times.



Scapular Stabilization: Y's

Lay on your stomach on a bed or on the floor with a pillow under your abdomen and a rolled hand towel under your forehead. Start with your arms overhead like a "Y". Lift both arms up toward the ceiling, thumbs up. Repeat 10 times.



Scapular Stabilization: I's

Lay on your stomach on a bed or on the floor with a pillow under your abdomen and a rolled hand towel under your forehead. Starting with your arms at your side, lift both arms up toward the ceiling. Repeat 10 times.



Shoulder Blade Pinches

Grasp a piece of exercise band in both hands in front of you. Gently draw your hands apart while keeping your elbows at your side and "pinching" your shoulder blades together. Repeat 10 times.