

CONDITIONING OF THE MID-LOWER SCAPULAR STABILIZERS

Purpose - Conditioning of the mid-scapular musculature

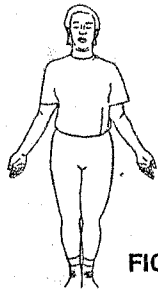


FIG. A

Fig. A. Breugger's Relief Position (Postural Retraining)

1 - In the standing position, elevate the chest, externally rotate the arms and face the palms outward as shown in Fig. A.
2 - Pull the chin inward while maintaining the tip of the nose in line with ear. Exert a force from your chest upward to distract your spine. (hold _____secs. _____X _____per day).

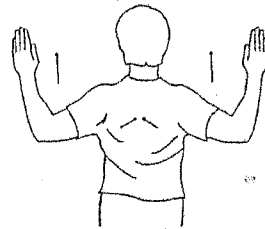


FIG. B1

Fig. B1-B2. Activation of Mid-Scapular Muscles (Angel wing exercises for floor or wall)

1 - Stand against a wall with your elbows bent. Gently pull your shoulder back downward, and inward as if you were attempting to "crack" an egg between your shoulder blades and maintain while raising your arms upward as shown in fig. B-1.
2 - Keep the small of your low back and arms firmly against the wall throughout the exercise.
3 - Bring the elbows towards your hips as far as possible while maintaining good technique as shown in Fig. B-2 (reps _____X _____per day).

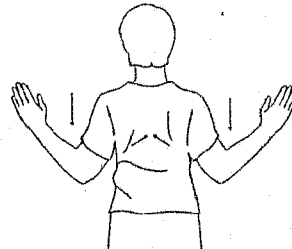
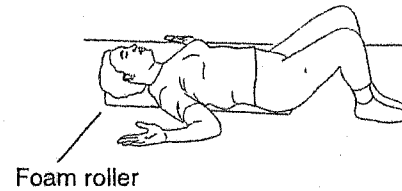


FIG. B2



Foam roller

FIG. C

Fig. C. Activation of Mid-Scapular Muscles (foam roller)

1 - Perform the Wall Angel exercises while balancing on a foam roller as shown in Fig. C. (reps _____X _____per day).

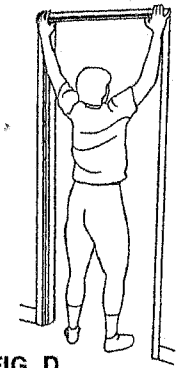


FIG. D

Fig. D. Doorway Partial Pull-up (lower scapular strengthening)

1 - Grasp the top of the doorway frame, pole or bar and attempt to do a partial pull-up without your feet leaving the floor as shown in Fig. D. (reps _____X _____per day).

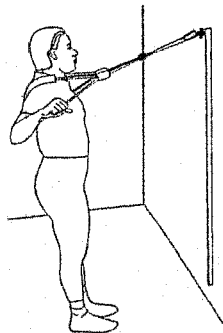


Fig. E. Standing vertical row (loops on shoulders)

1 - Loop the straps behind the shoulders as shown in Fig. E
2 - Pull the shoulders back, down and inward as you would if you were attempting to "crack" an egg between the shoulder blades (reps _____X _____per day).

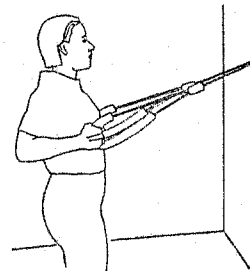


Fig. F. Horizontal Rows (hand gripping)

1 - Grip the loops and pull the shoulders back, down and inward as you would if you were attempting to "crack" an egg between the shoulder blades (reps _____X _____per day).

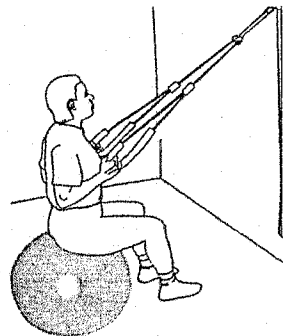


Fig. G. Sitting Vertical Row with Gym Ball

1 - Sit on the Gym Ball with feet firmly placed on the floor.
2 - Grip the loops and pull the shoulders back, down and inward as you would if you were attempting to "crack" an egg between the shoulder blades (reps _____X _____per day).

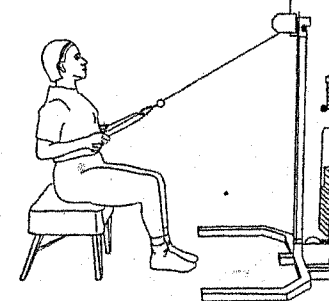


Fig. H. Seated Vertical Row with Pulley System

1 - Sit on a chair or bench with feet firmly placed on the floor.
2 - Grip the rope and pull the shoulders back, down and inward as you would if you were attempting to "crack" an egg between the shoulder blades (reps _____X _____per day).

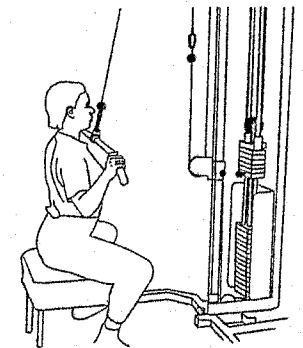


Fig. I. Vertical Pull Downs

1 - Sit on a chair or bench with feet firmly placed on the floor.
2 - Grip the bar with hands placed slightly wider than elbows to form a 90 angle.
3 - Pull down with arms in front of your body attempting to touch your elbows to your hips.
4 - Attempt to "crack" an egg between the shoulder blades (reps _____X _____per day).