

# Patient Education



ARNOLD PALMER HOSPITAL  
For Children  
Supported by Arnold Palmer Medical Center Foundation

The Pediatric Orthopaedic Center  
at Arnold Palmer Hospital  
83 W. Columbia St. Orlando, FL 32806  
321-841-3040 f:321-841-3049

## Scapular Stabilization/Strengthening

Stabilizing and strengthening the muscles around your scapula is very important. This handout has exercises your therapist will review with you so that you will learn to stabilize your scapula and increase the strength in the muscles in your back. There are many benefits you can accomplish by doing these exercises, some of which may apply to you. Your therapist will place a check by the specific goals for you to work on:

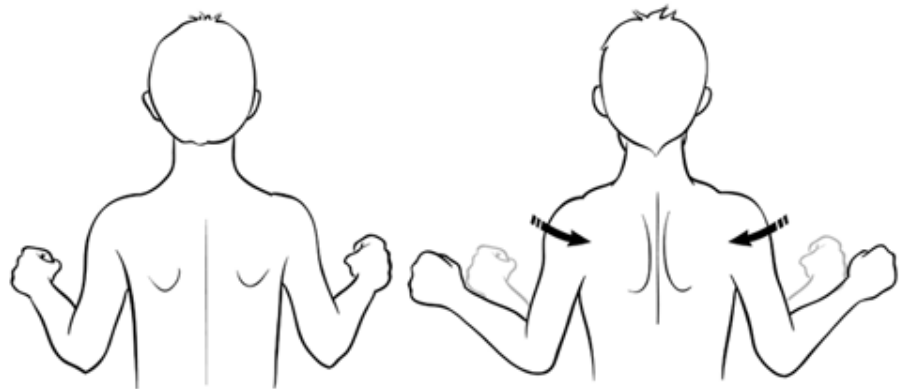
Stabilizing/Strengthening the scapular muscles can:

- 1. Increase motion in your arm (helping to increase your ability to reach)
- 2. Decrease pain in your shoulder and neck
- 3. Improve your posture
- 4. Increase your stamina to maintain certain positions for longer periods of time
- 5. Other \_\_\_\_\_

### Exercises:

#### 1. Scapular Retraction:

This motion consists of pinching the shoulder blades (scapula) together as if you were going to squeeze a pencil or finger placed between them in the center of your back.



a. **Shoulder Blade Squeeze:** Squeeze your shoulder blades together. Hold for 15 seconds. Repeat 10 times. Do this 3 times per day.

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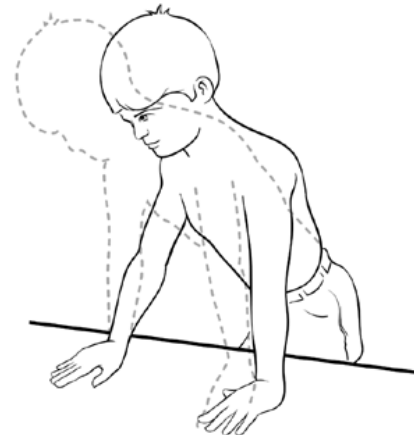
b. **Sitting Scapula Isometric:** Lean over a table with your forearms resting on the table. Gently lean over your shoulder while gently pressing down on the table.

Hold for \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do this \_\_\_\_ times per day.



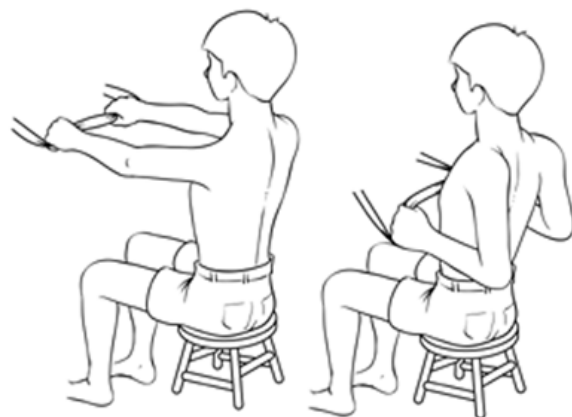
**Standing Scapula Isometric:** Put your hands on a table. Lean over your hand and gently push down on the table, keeping your elbow straight.

Hold for \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do this \_\_\_\_ times per day.



c. **Theraband Rows:** Attach the theraband to a door. Stand or sit facing the door, holding the band in both hands. Pull the band back toward your chest, pinching your shoulder blades together. Slowly relax.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sets.  
Do this \_\_\_\_ times per day.



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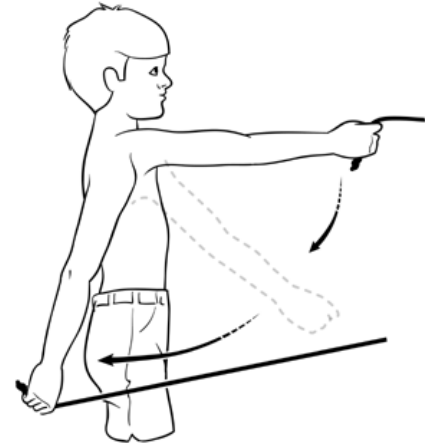
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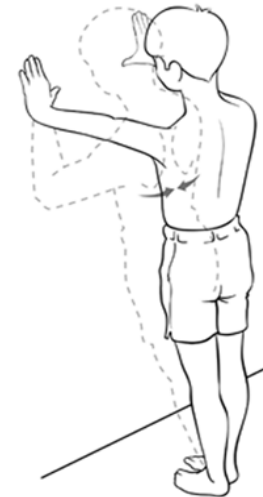
**d. Theraband Extension:** Attach a theraband to a door. Stand or sit facing the door, holding the band with both hands. Pinch shoulder blades together while pulling band down toward your hip. Keep your elbows straight.

Repeat \_\_\_\_\_ times. Do \_\_\_ sets.  
Do this \_\_\_\_\_ times per day.



**Wall Push-ups:** Stand facing a wall. Place your hands on a wall, slightly wider than shoulder width apart. Gently lean your body to the wall while squeezing your shoulder blades together.

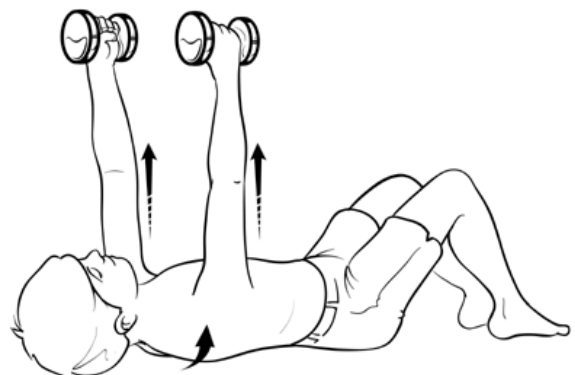
Repeat \_\_\_\_\_ times. Do \_\_\_ sets.  
Do this \_\_\_\_\_ times per day.



**2. Scapular Protraction:** This motion consists of rounding the shoulders in front of your body.

**a. Supine Scapular Protraction:**  
Lying on your back, straighten your arms to the ceiling. Keep your elbows straight and attempt to push your arms even further toward the ceiling. Weights may be added.

Repeat \_\_\_\_\_ times. Do \_\_\_ sets.  
Do this \_\_\_\_\_ times per day.



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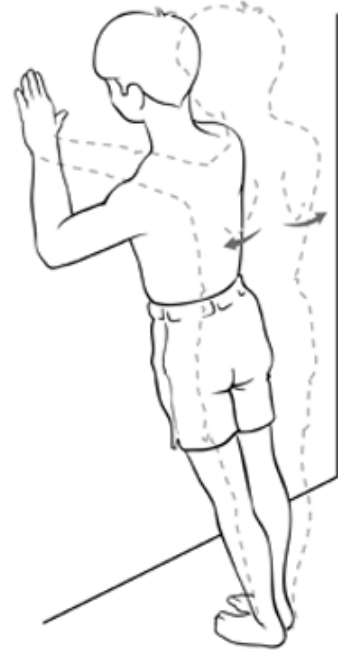
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**b. Wall Push-ups:** Stand leaning against a wall, with your hands slightly wider than your shoulders. Push yourself away from the wall until your arms are straight and then push against the wall.

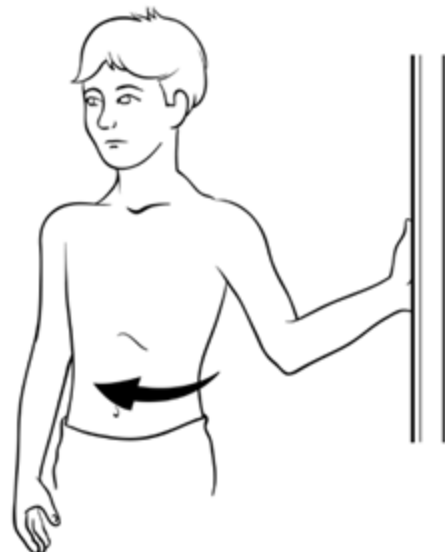
Repeat \_\_\_\_\_ times. Do \_\_\_ sets.  
Do this \_\_\_\_\_ times per day.



**3. External Rotation:** This motion consists of rotating your arm out.

**a. Passive Door Stretch:** Put the palm of your hand against a door frame, keeping your elbow at your side and your elbow bent. Turn your body away from your hand until you feel a stretch in your arm.

Hold for \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do this \_\_\_\_\_ times per day.



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**b. Isometric External Rotation:** Put a pillow in between the back of your hand and the wall. Keep your elbow at your side with your elbow bent. Push against the pillow.

Hold for \_\_\_\_ seconds.

Repeat \_\_\_\_ times.

Do this \_\_\_\_ times per day.



**c. Resistive External Rotation:**

Attach a theraband to a door.  
Hold onto the theraband with your opposite shoulder next to the door. Make sure you keep your elbow bent and at your side. Rotate your arm outward, away from your body while keeping your forearm parallel to the floor.

Repeat \_\_\_\_ times. Do \_\_\_\_ sets.

Do this \_\_\_\_ times per day.

