

# **Scapular + Shoulder Stability Exercises**



**KANATA  
CHIROPRACTOR**  
Correcting Form & Function

**VERSION 2.21**

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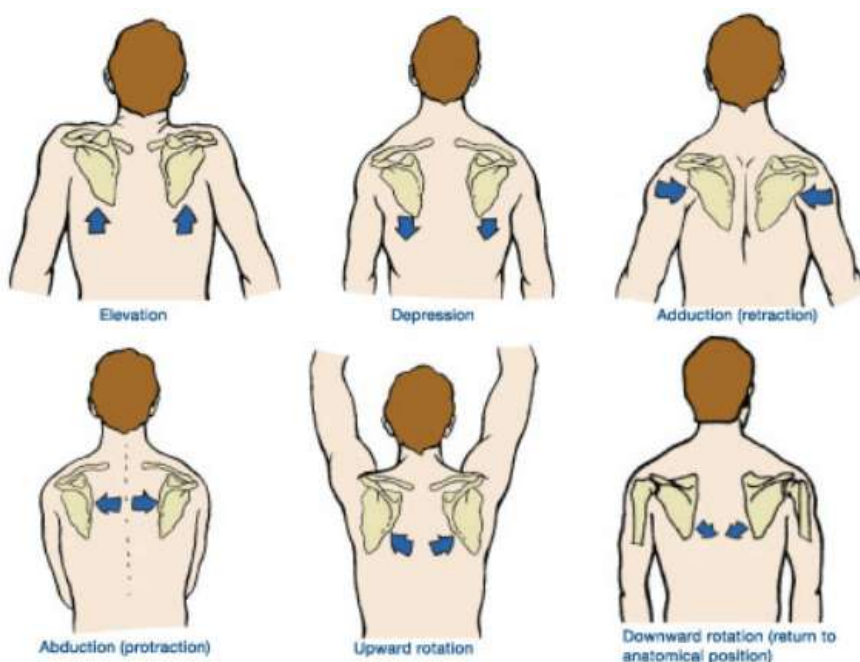
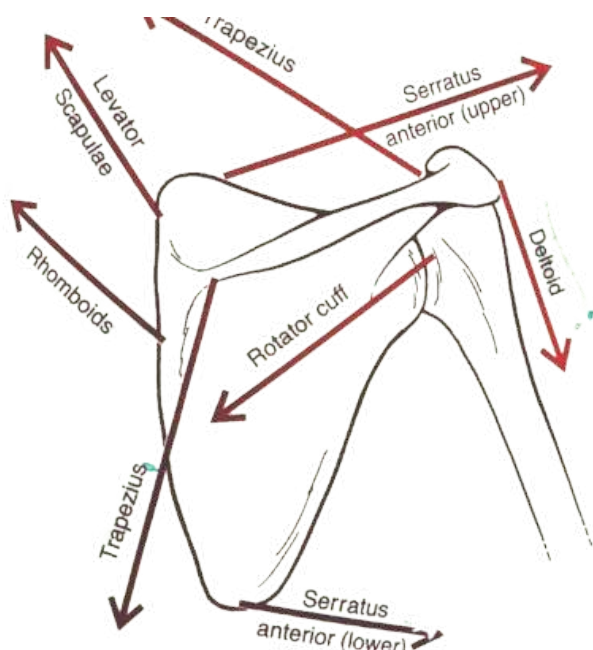
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# Introduction

Our shoulders enjoy a large amount of movement in many directions. Often, one or more of these can lead to a sprain/strain of the tissues that help us with those movements. The initial injury may heal on its own or with self-directed exercises. While the pain is present, our body can create changes to our movement patterns over time. This can lead to pain, limitation of movement and experiencing "grinding" in the joint.

The exercises recommended on the next few pages are designed to help your body return to optimal movement patterns so that you can go back to doing things at work or at home without pain.



The image on the left is there to help you see the complexity of movement around the shoulder and shoulder blade. Rehabilitation of this area can be a frustrating experience for patients because it takes a long time. Stay consistent with the recommendations and your symptoms will progressively improve. Your chiropractor will assess movement around the lower neck and mid back to make sure nothing else is limiting this movement.

It is important to familiarize yourself with the image on the right side. Try these movements with someone watching your shoulder blades from the back. On average, people will lose at least 3 of these movements after an injury causing all sorts of compensations.

# Scapular & Shoulder Stability

## 1 Scapular Setting (3 sets | 10 reps)

(A)



(B)



Squeeze your shoulder blades together by rolling back your shoulders and pulling them down. The pressure should be felt where the arrows are pointing to on the pictures. Keep your chin tucked slightly so that your neck is in a neutral position. Avoid raising the shoulders upwards.

Hold for 7 to 10 sec.

## 2 Lower trapezius (3 sets | 10 reps)

(A)



(B)

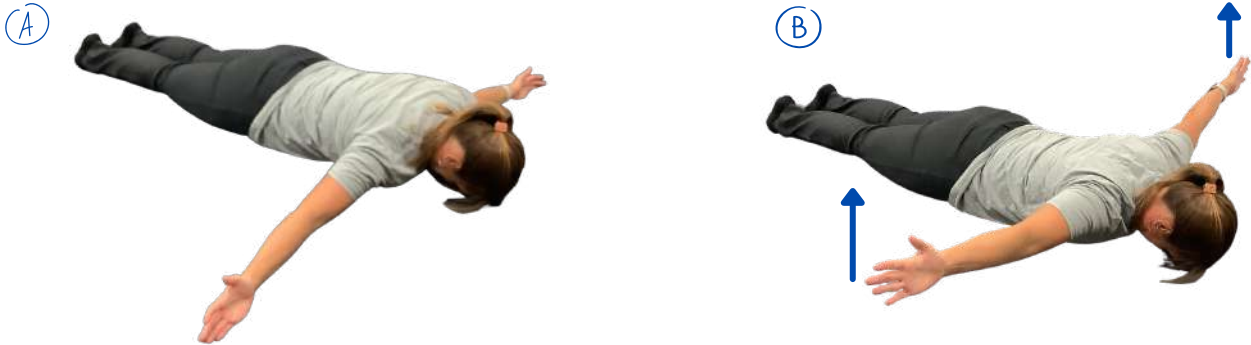


Lying on your stomach with your arms along the body, squeeze the shoulder blades together and down towards the foot. Keep your neck relaxed. Raise your arms up to the ceiling.

Hold for 7 to 10 seconds.



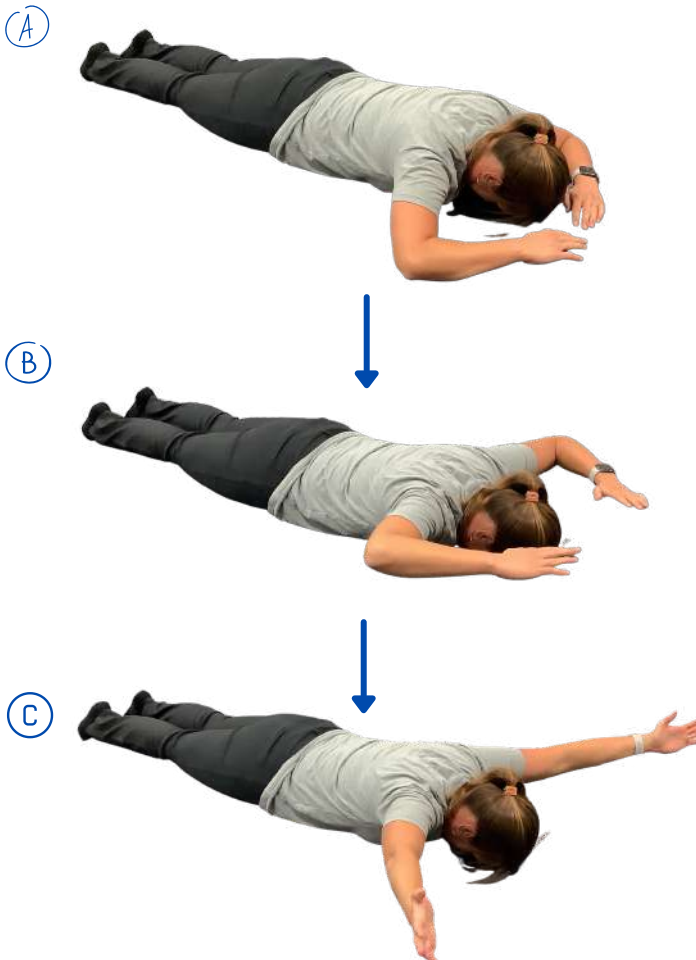
## 3 Middle Trapezius (3 sets | 10 reps)



While lying on your stomach, bring your arms up along your sides so that they are out wide. Point the thumbs up to the ceiling so that your palms are facing up towards your head. From here, squeeze the shoulder blades together raising the arms to the ceiling. Keep your neck relaxed.

Hold for 3 to 7 seconds.

## 4 Lower Trapezius Diamond (3 sets | 10 reps)



While lying on your stomach, bring your arms up along your sides so that your elbows are bent and are at around your ear level.

Squeeze your shoulder blades together and down while lifting your arms off the ground without arching your back.

Keep your neck while you now extend your elbows so that your arms are straight. Do not let your arms drop down to the ground.

Return to the first position by doing the movements in reverse. Then repeat.



## 5 Active Shoulder Protraction (3 sets | 10 reps)

(A)



(B)



First raise one arm to 90 degrees so that it is at the height of the shoulder. Then reach forward so that the shoulder blade rolls forward. This is your starting position (one that you will return to after every repetition). Proceed to bring the entire shoulder and arm back so that the shoulder blade on this side is squeezing into the mid back. Try your best to avoid hiking the shoulder up during this movement. Return to the starting position and repeat on both sides.

## 6 Shoulder External Rotation (3 sets | 10 reps)

(A)



(B)



Lie on your side with both knees bent. Allow your elbow to tuck into your side and your forearm to rest against your belly as shown in the pictures above. Bring your hand away from your body as far back as you can without lifting the elbow away from the side. Slowly lower the hand and repeat.

To progress, you may hold a 5 to 10 lb weight in your hand.