

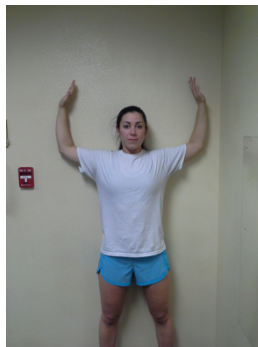
Scapular Stability



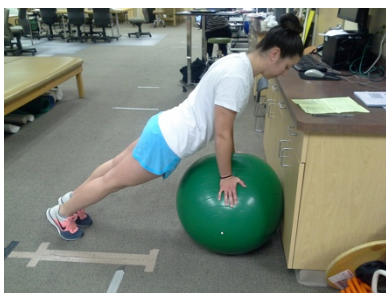
Cross hearts: start holding 2 bands in front. Keeping elbows straight, reciprocally pull back as shown. Cycle through the 3 positions. Focus on squeezing shoulder blades together each time. Perform 5 full cycles.



Wall slides with band: with band around wrists as shown. Walk hands up wall and back down while keeping hands as wide as elbows. Perform 3x10 reps.



W's: with your pinky's and elbows against wall, pinch shoulder blades together. Slide your hands up and down the wall as shown. Perform 3x20 reps.



Wall ball pull out: with ball directly under chest and against wall, slightly pull ball off wall 6 inches. Control the motion while returning to wall. Perform 3x8 reps.

Medical Disclaimer

This online information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.

Developed by Mario Pisani, PT, MPT, CSCS