

Shoulder/Scapular Protocol

Use a therapy ball:

1. Face the wall and place the ball at shoulder height in front of you. Without elevating your shoulders, draw the alphabet.
2. Do the same thing while facing perpendicular to the wall.
3. Place your elbows on the therapy ball in a low plank. Draw the alphabet with your elbows.
4. Kneel in front of the ball. Place extended arms on ball and stretch forward so that your head is between your arms. "Snow angel" one arm and then the other.
5. In the same position lift (extend) one arm and then the other.

In Sitting:

6. Sit with your back against the wall with legs in front of you. (As close to the wall as possible.) Place arms in "Goal post" position on the wall with a roller between your hands. Slide arms up the wall and back to neutral. Don't allow arms to come off wall.
7. In the same position internally rotate and externally rotate shoulders with the roller between your hands.
8. Complete Serratus shrugs on parallelts.

Lying on your stomach:

For these exercises you place a small (1-3 lb.) weight in your hand. You lift your arm in intervals as if you were following the numbers on a clock WITHIN THE RANGE YOU CAN WITHOUT SUBSTITUTION.

9. Trace the clock hands with your thumb pointing toward the ceiling.
 10. Trace the clock hands with the back of your hand pointing toward the ceiling.
 11. Trace the clock hands with your thumb pointing towards the ground.
- **Progress this to completing the same thing with your trunk in extension for the series.
12. Place your forehead on a Yoga block. Place your hands on the back of your head with elbows out to the side. Lift one elbow up. Lift the other elbow up. Extend upper trunk up. Return to starting position.
 13. In the same position as 12 place ring between hands. Lift elbows up and out and squeeze ring 3 times. Return to starting position.
 14. Lie on your stomach with forehead on Yoga block. Place arms all the way out to the side in a cross position and hold light weight. (1-2 lb). Lift arms up while keeping forehead on block.
 15. Complete Serratus push-ups on Bosu

In Standing:

16. Place a light weight in your hand and do weighted lunges with arm straight over head.
17. With a light weight lift thumbs up into straight flexion, thumbs down halfway between flexion and abduction, and thumbs up into abduction.
18. Place arms at your sides and bend elbows to 90 degrees with a theraband at your elbows. Externally rotate shoulders against band.
19. Place your arms behind your back and hold a ring. With straight elbows lift arms backward and upward. Squeeze ring 3 times and return to start.