



1: Resisted Scaption with Weight (Thumb Up)

- Stand with weight in one hand
- Thumb pointed toward ceiling
- Raise arm at 45 degree angle from body toward ceiling to shoulder height

Sets: 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



2: Row Unilateral with Hip Hinge

- Bend forward with one arm hanging down, keeping spine straight
- Pull elbow toward ceiling and squeeze shoulder blade inward

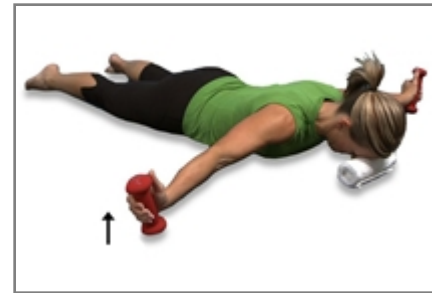
Sets: 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



3: Wall Push Up

- Stand facing wall with feet shoulder width apart (2-3 feet away from wall)
- Place hands on wall at shoulder height
- Slowly bend elbows and lean forward, then extend elbows

Sets: 2 **Reps:** 10 **Sessions:** 2 Everyday **Hold Time:** 5s



4: Scapular T's with Weights in Prone

- Lie on stomach with head supported on towel
- Place both arms straight out to side with a weight in each hand
- Keeps thumbs facing toward ceiling and lift both arms off surface 2-3 inches

Sets: 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



5: Resisted External Rotation with Weight in Side Lying

- Lie on side with head supported by pillow or hand
- Place towel roll between body and elbow
- Bend top elbow to 90 degrees and hold weight in hand
- Keep elbow bent while raising hand toward ceiling

Sets: 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



6: Serratus Anterior Dips in Chair

- Sit tall with hands on arms of chair
- Keeping arms straight, press body up as far as possible
- Return to starting position

Sets: 2 **Reps:** 10 **Sessions:** 2 Everyday **Hold Time:** 5s