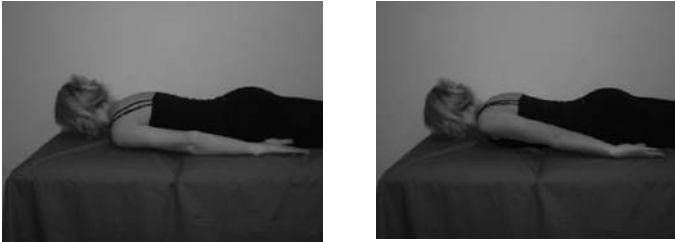


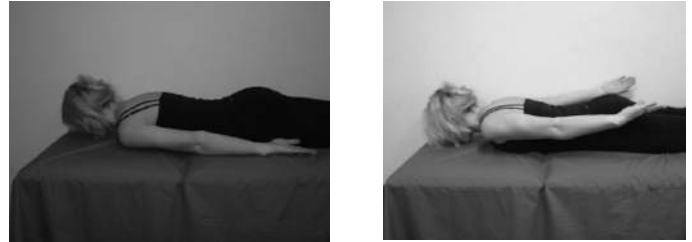
SCAPULAR STABILISATION EXERCISES PROGRESSION

PRONE SHOULDER BLADE SQUEEZE 1



Lying face down with arms by side. Squeeze shoulder blades together, keeping neck relaxed

PRONE SHOULDER BLADE SQUEEZE 2



Lying face down with arms by side. Squeeze shoulder blades together and lift straight arms off bed, keeping neck relaxed

PRONE ARM RAISE



Lying face down with arm hanging over edge of bed. Raise straight arm out to the side keeping palm facing down as you squeeze your shoulder blades together

STEP UPS



Start exercise on hands and knees in front of step. Move one hand up onto step, then the other hand. Move the first hand down from step, then the other hand

KNEE PUSH UP



Start exercise on hands and knees with elbows straight. Position hands at shoulder level, shoulder width apart. Lower body slowly towards ground, squeezing shoulder blades together and return to start position. Keep upper body straight through exercise

STANDARD PUSH UP



Start exercise on hands and toes with elbows straight. Position hands at shoulder level, shoulder width apart. Lower body slowly towards ground, squeezing shoulder blades together and return to start position. Keep upper body straight through exercise

WIND-MILL



Start exercise on hands and knees. Raise right arm to the side as you rotate trunk to the right to watch hand, then move arm in front of body finishing under opposite arm. Keep watching your hand throughout the exercise

SEATED LIFT



Sitting on a chair with hands holding edge of seat. Lean body weight forward as you push down through hands, lifting bottom off seat