Scapular Exercises

Repeat each exercise 5 times, _____ times each day.

- Shrug your shoulders, bringing them up toward your ears. Relax and repeat.

- Roll your shoulders forward in a circle. Then, roll your shoulders backwards in a circle. Relax and repeat.

- Try to bring your shoulder blades together in back of you. Relax and repeat.

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With your arms straight out in front of you, reach forward as far as possible. Relax and repeat.

Diagonal Shoulder Exercises

The following exercises use combined patterns of motion that may be in daily activities such as fastening a seatbelt or throwing a ball. Each exercise should be done with both your right and left arms. Keep your elbow straight and watch your hand as you do these exercises.

Repeat each exercise 5 times, _____ times each day.

Start with your left arm up and over your left shoulder with you palm facing you. Bring your left arm down across your body with your thumb pointing toward your right hip. Repeat with your other arm.

Start with your left arm out to the side with your palm facing behind you. Raise your arm up and across your chest with your thumb pointing toward the ceiling. Repeat with your other arm.