Shoulder Blade (Scapula) Exercises

Your shoulder blades, also called scapula, attach the upper arm and back muscles to raise your arms and shoulders or bend your neck backwards and sideways.

These exercises are to strengthen these muscles.

- Do these while sitting upright.
- Repeat each 10 times and 2 times each day.

**Shoulder raise (elevation)**

- Raise your shoulders up toward your ears, keeping your neck straight. Relax your shoulders back down and repeat.
- If you are not able to do this by yourself:
  - Have another person help you by placing the palm of his or her hand on the front of your affected shoulder and the other hand on the bottom of your shoulder blade on the same side.
  - Lean toward your helper, so that your shoulder and shoulder blade raise up.

**Shoulder squeeze (retraction)**

- Pull your shoulders back and squeeze your shoulder blades together. Relax and repeat.
- If you are not able to do this by yourself:
  - Have another person help you by placing the palm of his or her hand on the front of your affected shoulder and the other hand cupping your shoulder blade on the same side.
  - Turn your body away from your helper, so that your shoulder blade pulls inward.
Backward shoulder roll

- Roll your shoulder backward in a circle. Relax and repeat.
- Do not roll your shoulder forward.

Rocking the baby

- Cross your arms in front of you. Your affected arm is on top, with your elbow supported by the hand of your other arm.
- Rotate your body from side to side while supporting the affected arm.