

Scapular Stabilization Exercises

Shoulder Shrugs

This strengthens the upper trapezius. Standing with the arms resting at the side of the body, shrug the shoulders straight up toward the ceiling. Pause at the top for 1-2 seconds. Slowly lower the weight to the starting position. It is important not to roll the shoulders forward or backward as this may cause grating of the scapula on the chest wall, not to mention the upper trap muscle's primary action is shoulder elevation. With this exercise, it is okay to use loads heavier than 4% of body weight. Perform 2-3 sets of 10-15 repetitions.



Serratus Anterior DB Punches

This strengthens the serratus anterior, a muscle which helps to stabilize the shoulder blade during arm elevation. Laying on the back with the knees bent and feet flat, press the dumbbells toward the ceiling making sure to keep the elbows straight. The shoulder blades will round forward and lift off the floor. Pause at the top of the movement, and lower with control to the starting position. Perform 2 sets of 15 repetitions.

