

# IMG Physical Therapy

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## Multi-Plane Scapular Strengthening Home Exercise Sheet

Rehabilitation of the shoulder may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the shoulder can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- \* Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- \* Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- \* Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- \* When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- \* Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day OR 3 to 5 days per week.

Ice for 15 minutes after exercise and at the end of the day. Do not ice before exercising.

## Multi-Plane Scapular Stabilization Exercises



1. Start with Arm Straight, Kneeling on Same Side



2. Pinch Shoulder Blade Back and Hold.



3. Rotate Hand up Toward the Ceiling.



4. Push Hand Straight Up Holding Prior 2 Positions

Hold 3-5 seconds for 10 reps and return to start position



Do in scapular plane ("Y" position), Kneeling on Same Side. Push Straight up.

Hold 3-5 seconds and 8 repetitions.