

INTERMEDIATE EXERCISES FOR THE SCAPULA PRACTITIONER NOTES

These exercises can be prescribed in stages or selectively if necessary:

Exercises with arms below 90 degrees

- Standing row
- Straight arms row
- Front lying arm extension
- Seated press-up feet on floor
- Seated press-up

Overhead exercises supported by the wall

- Wall slide
- Retraction overhead

Unsupported exercises with arm elevation up to 90 degrees

- Outward rotation with arm elevation

All fours exercises

- All fours full arm elevation
- Kneeling scapula push-up
- Kneeling push-up

Unsupported overhead exercises

- Lawnmower II
- Robbery II
- Diagonal shoulder flexion
- The pullover
- Overhead press
- Overhead shrug

There are a number of other exercises that activate the scapula muscles that have been incorporated into other exercise prescriptions, notably:

Exercises that effectively activate serratus anterior:

- Full can (beginner and intermediate exercises for the shoulder (weights), beginner exercises for the shoulder (elastic band))
- Standing flexion (intermediate exercises for the shoulder (elastic band)) Note: has an unfavourable upper-trapezius-to-lower-trapezius ratio
- Standing hug (intermediate exercises for the shoulder (elastic band))

Exercises that effectively activate middle and lower trapezius:

- Full can
- Prone sideways lift (intermediate exercises for the shoulder (prone weights))
- Standing flexion

Exercises with a favourable upper-trapezius-to-lower-trapezius ratio:

- Prone sideways lift
- Side lying outward rotation (beginner exercises for the shoulder (weights))
- Side lying flexion (beginner exercises for the shoulder (weights))