

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Lower Trapezius Activation



[Watch Video](#)

- Lying on stomach with towel to support forehead and hands down at sides palm up
- Engage trunk muscles to stiffen the spine
- Draw the shoulder blades down and back opening the chest
- Progress by raising hands off the floor slightly

Shoulder External Rotation-Arm at Side



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- Using a cable or resistive band
- Stand side on to band or cable
- Keep elbow at side at 90 degrees
- Turn arm out, pause and slowly return to start position

Shoulder Internal Rotation-Arm at Side



[Watch Video](#)

- Using Cable or resistive band
- Stand side on to cable or band
- Keep elbow at side at 90 degrees
- Turn arm in to body, pause and slowly return to start position

Resisted Band Row



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- Stand in a split stance with the band fixed to a structure at elbow height
- Ensure tension is on the band from the start of the exercise
- Pull shoulder down and back and pull arm into side level with body
- The elbow should be at 90 degrees when the arm is at side
- Pause and slowly return to start position

Cable Chest Press/Scapula Protraction



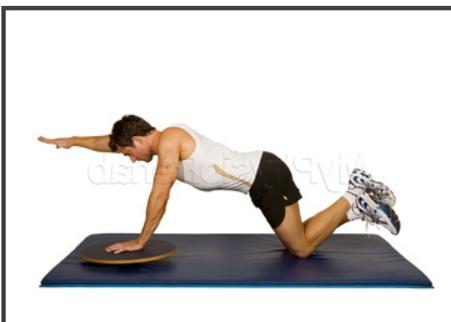
- Stand in split stance, hand and elbow at shoulder height
- Push the cable forward away from chest keeping elbow high
- When arm is fully extended make sure to push beyond your reach to get the shoulder blade to come around the chest wall
- Pause then slowly return to the start position and repeat

Wobble Board Push Up



- Hands either side of Wobble board
- Engage trunk muscles to stiffen the spine
- Slowly lower chest to floor keeping board level
- Slight pause at bottom of push up then return to start position

Scapular Stability on Wobble Board - Single



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- In Push up position with 1 hand in middle of wobble board
- Set shoulder blade down and push through arm to support body weight
- Lift other arm off the floor and maintain shoulder position
- Keep back straight by engaging trunk muscles
- Reach in all direction

Scapular Stability with Medicine Ball Roll



[Watch Video](#)

- In Push up position
- Push through arm to support body weight and raise trunk slightly
- Maintain shoulder position and keep back straight by engaging trunk muscles
- Roll medicine ball in all directions with 1 arm

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.