

## **Scapular Muscular Training Program**

### **PHASE I: STATIC STABILITY**

Goals: Initiate voluntary contraction/control  
Re-establish unilateral muscular balance  
Normalize passive mobility

Exercises:

1. Prone horizontal abduction (neutral rotation)
2. Prone horizontal abduction with ER
3. Supine serratus anterior punches
4. Standing scapular retractions with tubing
5. Standing table lifts with retraction and hand turn
6. Push-ups onto wall
7. Sidelying neuromuscular control drill (with resistance)
8. Prone rowing with dumbbells
9. Mobilization of scapulothoracic joint (if needed)

### **PHASE II: DYNAMIC STRENGTHENING/STABILIZATION**

Goals: Improve unilateral muscular balance  
Enhance dynamic stability  
Improve proprioception and neuromuscular control

Exercises:

- Prone horizontal abduction (with ER)
  - Prone rowing (manual resistance with RS)
  - Prone horizontal abduction @ 100° with ER
  - Standing table lifts with retraction and ER
  - Push-ups onto floor with plus
  - Push-ups onto ball (table) with RS
  - Push-ups onto two plyoballs onto wall
  - Hand onto ball into wall with RS
  - Sidelying neuromuscular control drills
2. with no resistance
  3. with resistance quadrant with RS

### **PHASE III: ADVANCED STRENGTHENING DRILLS**

Goals: Maintain muscular balance  
Provide stable base (foundation)  
Enhance endurance

Exercises:

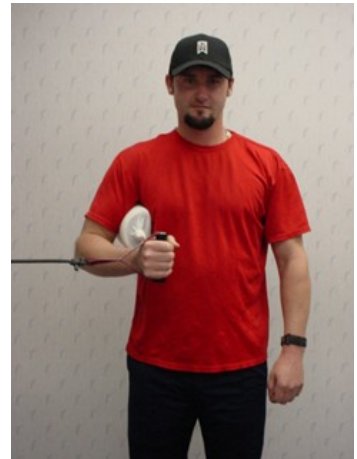
- Prone horizontal abduction (neutral)
- Prone horizontal abduction @ 105° with ER
- Scapular retractions (on pect machine or tubing)
- Standing table lifts (lower trapes)
- Push-ups onto tiltboard with RS
- Push-ups onto plyoball on table with RS
- Plyo push-ups onto wall
- Sidelying NM control drills

# SCAPULAR TRAINING PROGRAM

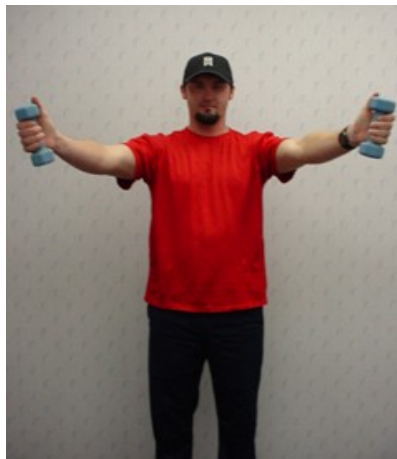
1. External Rotation Tubing



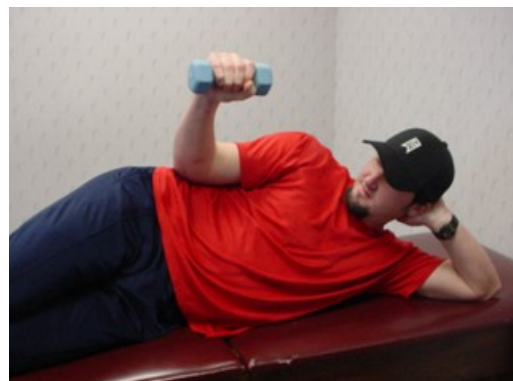
2. Internal Rotation Tubing



3. Shoulder Scaption with External Rotation ("Full Can")



4. Sidelying External Rotation



3. Prone Horizontal Abduction



4. Prone Horizontal Abduction with ER



4. Prone Horizontal Abduction with ER at 100°



5. Prone Extension at 30° abduction



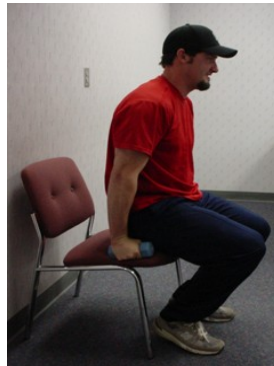
6. Prone Row



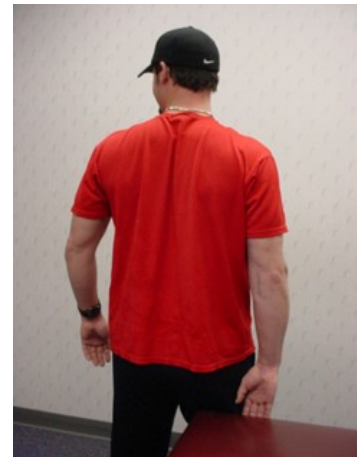
6. Prone Row with External Rotation



7. Press Up



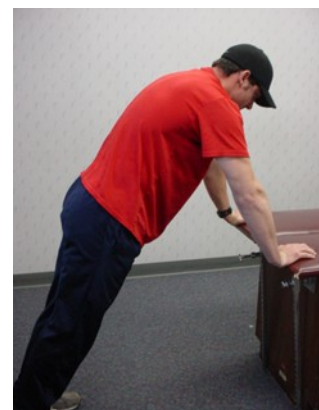
8. Standing Table Lift



9. Supine Serratus Punch



10. Push-up with a Plus



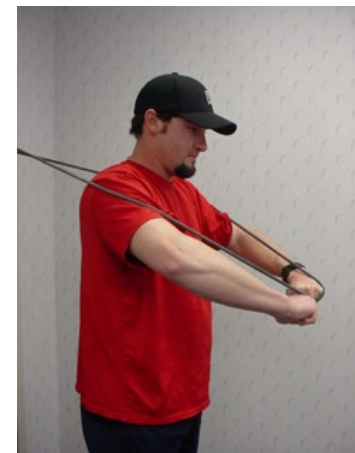
11. Horizontal Diagonal with ER



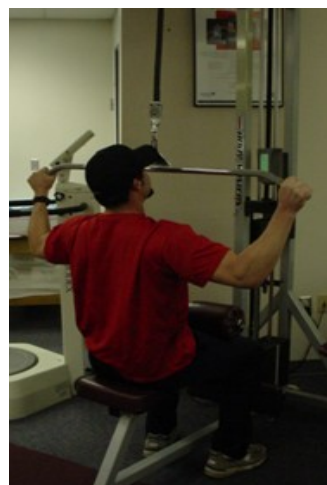
11. Bilateral Downward Row with ER



12. Dynamic Hug



13. Latissimus Dorsi Pulldown



14. Seated Row Machine

