

Scapular Stabilization

Workout Instructions

Do two exercises three times a week. Goal is to get each exercise once a week. Do 3 sets of 10 of each.

(1) Row Single Arm from Half Kneeling with Cable System

This is a single arm row challenging static motor control with an offset load from a half kneeling stance.



	Sets	Reps	Weight	Rest
1				
2				

(2) Plank Diagonals

This advanced plank drill trains core stability necessary for rotary and trunk stability patterning.



	Sets	Reps	Weight	Rest
1				
2				

(3) Plank Row with DB

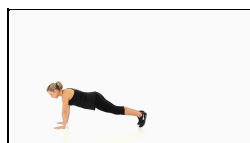
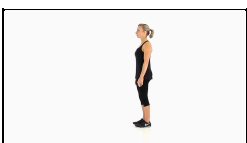
This dynamic exercise helps develop shoulder and torso stability under an anti-rotational load.



	Sets	Reps	Weight	Rest
1				
2				

(4) Push-up Walkout

The pushup walkout is a dynamic motor control drill for lumbopelvic control and spinal stability using a changing base of support.



	Sets	Reps	Weight	Rest
1				
2				
3				

(5) Shoulder Tap with Push-Up

This exercise helps develop strength and static stability for the trunk stability pattern.



	Sets	Reps	Weight	Rest
1				
2				

(6) Split Stance Overhead Throw with Med Ball

This is an upper body dynamic exercise.



	Sets	Reps	Weight	Rest
1				
2				

Exercise Instructions

(1) Row Single Arm from Half Kneeling with Cable System

Begin in a half kneeling position with a handle positioned about shoulder height. In the half kneeling position make sure that the hips are underneath the shoulders and the head, neck, and spine are in neutral alignment.

Once this beginning position has been obtained, grab the handle so that the arm is straight and pull the handle so that the arm tucks into the armpit and the elbow is tight against the ribs. During this movement, it is important to avoid rotation to make sure posture is maintained. Perform reps on both the left and right sides of the body to determine any differences.

(2) Plank Diagonals

Begin in a plank position with the forearms on the floor and legs straight with the feet about shoulder width apart. From this position, begin to extend one leg straight back and upward, while the arm that is diagonal to the moving leg extends forward and upward.

(3) Plank Row with DB

Begin by placing the left hand on a 6-8" step or box and moving the body into a one-arm plank position.

Actively push the box away with the left arm creating a stable base and solid left shoulder position with a neutral spine and a solid plank with a straight line from the ear to the shoulder to the hip to the knee to the ankle.

Reach down to grab the dumbbell and perform a one-arm row pulling the dumbbell up by retracting the shoulder and then pulling with the arm. The arm/dumbbell should end up just in front of the chest with the arm beside the ribs. Return to the start position and repeat for the desired number of repetitions.

(4) Push-up Walkout

The pushup walkout is a dynamic motor control drill for lumbopelvic control and spinal stability using a changing base of support.

Set-up: The pushup walkout begins by having the individual standing with feet shoulder width apart and perform a toe touch allowing the knees to bend so you can reach the floor with the hands flat.

Action: Then walk your hands out to a stable plank position, keeping a stable back and not hyperextending. Make sure the surface is a non-slip surface for this exercise.

Return: Maintain a stable plank position, hinge at the hips and walk the hands back toward the feet and return to standing position.

(5) Shoulder Tap with Push-Up

Begin in a push-up position with both the arms and legs straight and the feet together. From this position, begin to take one hand to the opposite shoulder and have the palm touch the shoulder. During the exercise, it is important to have minimal rotation from the shoulders and hips.

(6) Split Stance Overhead Throw with Med Ball

Begin in a split stance position with the feet placed to form a strong stable base. Take a med ball with both hands and begin with it behind the head. Begin to throw the med ball overhead and forward while maintaining the single leg stance. Do the same on the other side and note any differences.