SHOULDER BLADE OR SCAPULAR STRENGTHENING EXERCISES

DIAGONAL THERABAND SCAPULAR STRENGTHENING EXERCISE

Start Position

Finish Position

- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week

Thumb is up
HORIZONTAL ADDUCTION THERABAND SCAPULAR STRENGTHENING EXERCISE

- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week

Start Position

Finish Position

Thumb is pointing back
LATISSIMUS THERABAND STRENGTHENING EXERCISE

Start Position

- Sitting with excellent posture
- Be sure to reach way back
- Perform 2 sets of 10-15 reps each arm
- Perform 3x a week

Finish Position

- Palms facing out
- Lower only to shoulder height
- Theraband should be behind head