

Upper Body: Prone Scapular Exercises

Authors: Rebecca Ozelie, OTR/L; Ashley DeWildt; Gwen Pessis, DPT

These exercises help strengthen muscles of the shoulders, back and arms.

- All exercises should be done in prone position (lying on the stomach).
- Perform the motions as instructed, until resistance is felt. You should feel a stretch with a tolerable level of pain.
- If needed, ask someone to assist you in assuming the desired position.
- As able, increase the number of repetitions and add resistance as directed by your therapist.
- Exercises should be performed ____ times per day.

Therapist: _____ Phone: _____

“Superman”

Primary muscle: Serratus anterior;

Accessory muscle: Trapezius

Raise arms. Hold for _____ counts.

Repeat ____ times.



“Airplane”

Primary muscles: Trapezius,

Rhomboid major; Accessory muscles:

Rhomboid minor, Lattissimus dorsi

Raise arms out to the side, palms down. Hold for ____ counts. Repeat

____ times.



“Chicken Wing”

Primary muscles: Rhomboids;
Accessory muscles: Lattissimus dorsi,
Levator scapulae, Pectoralis
major/minor, Subscapularis

Place hands on lower back, palms up.
Squeeze elbows together. Hold for ____
counts. Repeat ____ times.



“Scarecrow”

Primary muscles: Trapezius,
Rhomboids; Accessory muscles:
Serratus anterior

Place arms with elbow bent at right
angle and palms down, in the “stop”
position. Squeeze shoulder blades
together. Hold for ____ counts.
Repeat ____ times.



“Reverse Superman”

Primary muscles: Lattissimus dorsi,
Teres major, Posterior deltoid;
Accessory muscle: Triceps brachii

Place arms at side, palms up. Raise
arms straight up. Hold for ____
counts.
Repeat ____ times.

“Butterfly”

Primary muscle: Trapezius; Accessory
muscles: Rhomboids, Lattissimus dorsi

Lie on stomach with hands behind
head. Raise elbows toward ceiling.
Raise ____ arm, with palm down,
then up. Hold for ____ counts.
Repeat ____ times.



“Half Airplane”

Primary muscles: Trapezius, Rhomboid major; Accessory muscles: Rhomboid minor, Lattisimus dorsi

Lie on stomach with one arm off the side of the bed/mat. Raise arm out to the side and up with palm down. Hold for ____ counts. Repeat ____ times.



“Push Up”

Primary muscles: Triceps, Pectoralis major; Accessory muscle: Pectoralis minor

Place both hands on mat/bed and push up. Hold for ____ counts. Repeat ____ times.



Reference: http://www.svl.ch/files/shoulder_strengthening.pdf

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