



SELF-MANAGEMENT 26-6 *Subscapularis Isometric Exercise*

Purpose: To strengthen the subscapularis in the short range

Starting position: Kneel next to a weight bench; if at home, lie on your stomach adjacent to the edge of your bed. Place one or two towels rolled under your shoulder. Position your arm out to the side with elbow bent to 90 degrees. Keep as much of your shoulder supported on the bench or bed. Your arm should hang from your elbow down, not from your shoulder. Rotate your arm backward as far as you can before you feel the "ball" drop out of the socket. Position a garbage can or another object sufficient to support your arm.

Movement technique:

- Raise your hand 1/2 inch off the garbage can, and hold it for 10 seconds.
- Be sure the "ball" does not drop out of the socket.
- Lower your hand back to the garbage can.

Dosage

Sets/repetitions _____

Frequency _____

