



Additional Exercises Designed for Isolation of Scapular Rotator Muscles

Exercises for Upper Trapezius

- Upper trapezius strengthening (Fig. 26-13)

Exercises for Middle and Lower Trapezius Activation

- Facelying arm lifts (Self-Management 26-2)
- Wall slides (Fig. 26-11)

- Back-to-wall arm slides in abduction (Fig. 26-23)
- Isometric scapula upward rotation (Fig. 26-24)

Exercises for Serratus Anterior

- Serratus anterior progression (Self-Management 26-3)
- Progressive serratus strengthening exercises (Fig. 26-17)



FIGURE 26-23. Back to wall, arm slides in abduction. With the back to the wall, the elbows and humerus should be in the scapular plane. Thumbs can touch the wall to ensure that the humerus remains in the scapular plane. The patient slides the arms up the wall, and stops when the scapula deviates from the PICR (i.e., excessive elevation). The goal is to achieve full scapular plane elevation with the ideal PICR at the glenohumeral and scapulothoracic joints.

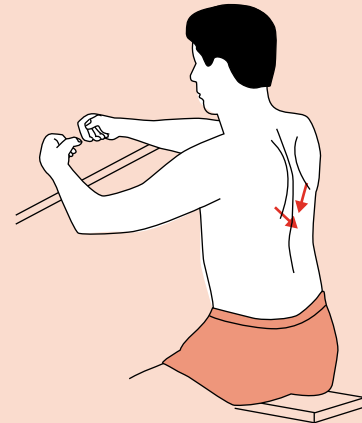


FIGURE 26-24. Alternative isometric scapular upward rotation. The arms can be positioned in as much elevation as is available. The cue should be to “gently squeeze your shoulder blades together.” Caution should be taken to prevent excessive rhomboid or latissimus dorsi contribution.