



LAB ACTIVITIES

1. Actively depress your left scapula. Rotate your head to the left. Release the depression, and rotate your head to the left. Which scapular position allowed you the greatest cervical rotation? Why? (Hint: think about a muscle that attaches from the shoulder girdle to the cervical spine that is put on stretch when you depress your shoulder and rotate your head to the same side.)
2. Sit in thoracic kyphosis, and raise your arm in the sagittal plane. Sit upright, and raise your arm. Which sitting posture allowed you the greatest upper extremity motion?
3. Assume a forward shoulder posture with the scapula abducted. With your arm at your side and elbow flexed 90 degrees, laterally rotate your shoulder. Assume a posture with scapular adduction, and laterally rotate your shoulder. Which scapular position allowed you the greatest lateral rotation ROM?
4. Abduct your scapula, and horizontally abduct your shoulder. Adduct your scapula, and move your shoulder into horizontal abduction. What difference did your scapular position make on the arthrokinematic motion of your humerus?
5. Practice the manual stretch techniques for the pectoralis minor and rhomboid.
6. Analyze the PICR of the head of the humerus during prone GH medial rotation (see Self-Management 26-1). Teach your partner how to prevent anterior translation of the head of the humerus during GH medial rotation.
7. During the prone lower trapezius progression (see Self-Management 26-2), why is it important to *barely* lift the elbows? What happens when your partner maximally lifts the elbows? (Hint: think about what muscle you are trying to isolate and why more scapula adduction reduces the specificity of the exercise.) Why is this not a desired response?
8. Attempt the hand-knee progression and the push-up progression (see Fig. 26-17) for serratus anterior strengthening. What signs indicate an individual is ready to progress to the next level? What signs indicate the individual is working at too high a level or has fatigued at any given level?
9. Teach your partner to move the scapula with the correct PICR during standing wall slides (see Fig. 26-11).
10. Why is the standing corner stretch not desired for stretching the pectoralis major?