

# Exercises for Scapulothoracic and Postural Muscle Strength

## Starting Position

Attach the exercise band up high. You can tie a knot in the exercise band, and then close it over a door. Make sure the door is closed tight.

Make sure your shoulder blades are set in a back and down position. Hold a good upright posture.

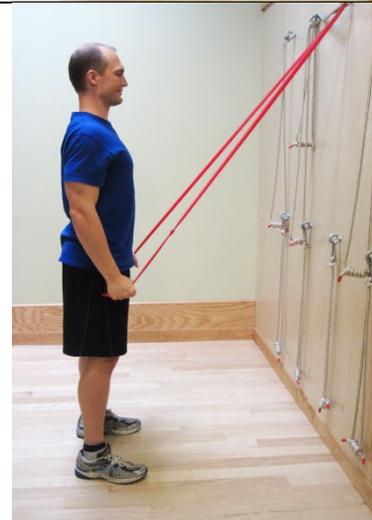


## Shoulder Extension Exercise

Keep your elbows straight and your shoulder blades set back and down to maintain a good posture. Don't allow your shoulders to shrug up.

Extend the arms backward until they reach your side. Hold for 1 second, and then repeat. Depending on your strength level, the resistance of the band will change as will the number of repetitions performed.

Perform two sets of 10 repetitions, 1-2 times a day.



## Shoulder External Rotation Exercise

Keep your shoulder blades set back and down to maintain a good posture. Don't allow your shoulders to shrug up.

Grab the exercise band (palms facing up) with the elbows remaining close to your sides. Pull your hands apart from each other. Make sure your forearms remain parallel to the floor.

Perform two sets of 10 repetitions, 1-2 times a day.



### Superman Exercise - Starting Position

Lie on the ground with your arms stretched out in a “V” position. Support your head with a small rolled up towel to maintain a neutral spine, and keep your chin slightly tucked.

You can lie on the floor or a bed. If you are on a bed, you may need a pillow under your stomach for extra support and comfort.



### Superman Exercise - Arms

Raise one arm at a time while being sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug.

Perform two sets of 10 repetitions, 1-2 times a day.



### Superman Exercise - Arms and Legs (Opposite)

Raise your opposite arm and leg. Be sure to keep your abdominal muscles active. Don't arch your back. Raise your leg up 4-6 inches if you can. If you start to twist in the trunk or low back, then stop. Only raise the leg as far as you can without twisting. Be sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug.

Perform two sets of 10 repetitions, 1-2 times a day.



### Superman Exercise - Arms and Legs (Same Time)

Raise your arms and legs. Be sure to keep your abdominal muscles active. Don't over arch your back. Raise your legs up 4-6 inches if you can. As your head elevates, be sure to keep your chin slightly tucked and in a neutral position. Keep your shoulder blades back and down. Don't shrug.

This exercise is held for 30 seconds or more. This helps to develop more endurance for the posture muscles which hold you upright.

Perform one set of 5 repetitions. Hold each repetition for 30 seconds, 1-2 times a day.

