

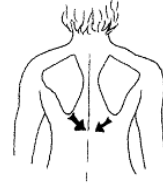
Name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
URN: \_\_\_\_\_

## Physiotherapy

# Scapula Stabilisation Exercises

1. Squeeze your shoulder blades down and back together.

Hold \_\_\_\_ seconds  
Repeat \_\_\_\_ times



2. Move your arm forwards until it is level with your belly button. Ensure you keep your shoulder blades down and back.

**Progression:** add a \_\_ kg weight to your hand

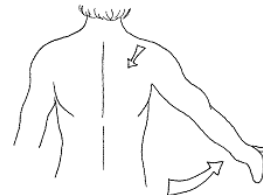
Hold \_\_\_\_ seconds  
Repeat \_\_\_\_ times



3. Lift your arm to the side until your hand is level with your waist. Again ensure you keep your shoulders down and back.

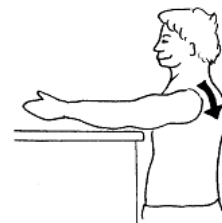
**Progression:** add a \_\_ kg weight to your hand.

Hold \_\_\_\_ seconds  
Repeat \_\_\_\_ times



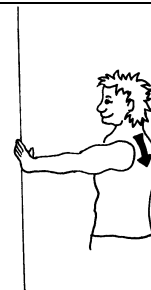
4. Rest your arm on a table directly in front of you. Squeeze your shoulder blades down and back.

Hold \_\_\_\_ seconds  
Repeat \_\_\_\_ times



5. Place your hands on a wall in front of you, at about shoulder level. Keep your elbows straight. Squeeze your shoulder blades down and Back.

Hold \_\_\_\_ seconds  
Repeat \_\_\_\_ times  
Do \_\_\_\_ sessions per day



Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_/\_\_/\_\_\_\_

(Name & Designation)

*If you have any concerns with this advice or exercises, please contact your physiotherapist.*



\*25110\* Advice or Information

Physiotherapy Department  
Canberra Hospital  
Level 1, Building 3  
PO Box 11, Woden, ACT, 2606  
Phone: (02) 6244 2154 Fax: (02) 6244 3692

