



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

SCAPULAR DYSKINESIA

Home Exercises

SIDE LYING SCAPTION RAISE

Laying on one side, start with top arm 30 degrees in front of hip. Keeping arm straight, raise arm overhead and away from body. Return to start.

Repeat 10 Times **Hold 2 Seconds**

Complete 2 Sets **Perform 1 Times a Day**



SCAPTION ON WALL

Stand in front of wall, hands resting on wall in the shape of a "Y". Pull shoulder blades down and back. Hold this position, while moving arms down to your sides as seen in picture. Return to starting position, reversing the movement while keeping shoulder blades down and back.

Repeat 10 Times

Complete 2 Sets **Perform 1 Times a Day**



SHOULDER SCAPTION

While standing squeeze your shoulder blades together and downward while raising your arm in a diagonal plane up towards the ceiling. Point thumbs upwards.

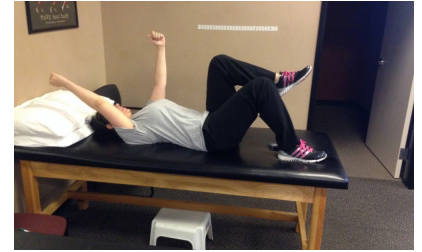
Repeat 10 Times

Complete 2 Sets **Perform 1 Times a Day**



DEAD BUG

Lie on your back with your knees bent up and feet flat on the table. Keeping the core engaged, slowly lift one knee back, while the opposite arm goes back as well. Return to neutral and repeat with the other arm and leg.



QUADRUPED ALTERNATE ARM

While in a crawling position, slowly raise up an arm out in front of you.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 1 Times a Day



QUADRUPED ALTERNATE ARM AND LEG - BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 1 Times a Day



ELBOW KNEE PLANK

Elbow resting on the the floor, do Planks on your knees not with feet. This exercise helps strengthen core muscles.

Repeat 3 Times Hold 15 Seconds

Complete 1 Set Perform 1 Times a Day



SAHRMANN EXERCISE 4

1. Lie on your back with knees bent up at 90 degrees with arms at side.
2. Pull in abdominals, while keeping neutral pelvis
3. Slowly extend one leg out, parallel with the floor but not touching it and return to starting
4. Repeat with opposite leg
5. Work up to 10 reps on each leg



DON'T LET YOUR BACK POP UP, if it does begin to pop up during the exercise, then you're not strong enough to progress to this level and return to exercise 3.

WHEN ABLE TO PERFORM 20 REPS ON EACH LEG WITHOUT DISCOMFORT OR ARCHING (POPPING) YOUR BACK MOVE TO EXERCISE 5.

Repeat 10 Times

Complete 2 Sets Perform 1 Times a Day

PLANK - LATERAL - 1 KNEE 1 FOOT

While lying on your side, lift your body up on your elbow and knee on one side and foot on the other side. Try and maintain a straight spine.

Repeat 3 Times Hold 15 Seconds

Complete 1 Set Perform 1 Times a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 15 Times Hold 2 Seconds

Complete 2 Sets Perform 1 Times a Day



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times Hold 2 Seconds

Complete 3 Sets Perform 1 Times a Day



HIP ABDUCTION

While standing in front of a counter top or something sturdy to hold onto, slowly lift leg to the side. You should keep your trunk straight and just be moving your hip.

Repeat 15 Times Hold 3 Seconds

Complete 2 Sets Perform 1 Times a Day

