Upper Body: Prone Scapular Exercises

Authors: Rebecca Ozelie, OTR/L; Ashley DeWildt; Gwen Pessis, DPT

These exercises help strengthen muscles of the shoulders, back and arms.

- All exercises should be done in prone position (lying on the stomach).
- Perform the motions as instructed, until resistance is felt. You should feel a stretch with a tolerable level of pain.
- If needed, ask someone to assist you in assuming the desired position.
- As able, increase the number of repetitions and add resistance as directed by your therapist.
- Exercises should be performed ____ times per day.

Therapist: ______________________________ Phone: ______________

“Superman”
Primary muscle: Serratus anterior;
Accessory muscle: Trapezius

Raise arms. Hold for _____ counts.
Repeat ____ times.

“Airplane”
Primary muscles: Trapezius,
Rhomboid major; Accessory muscles:
Rhomboid minor, Lattisimus dorsi

Raise arms out to the side, palms down. Hold for ____ counts. Repeat ____ times.
“Chicken Wing”
Primary muscles: Rhomboids; Accessory muscles: Lattisimus dorsi, Levator scapulae, Pectoralis major/minor, Subscapularis

Place hands on lower back, palms up. Squeeze elbows together. Hold for ____ counts. Repeat ____ times.

“Scarecrow”
Primary muscles: Trapezius, Rhomboids; Accessory muscles: Serratus anterior

Place arms with elbow bent at right angle and palms down, in the “stop” position. Squeeze shoulder blades together. Hold for ____ counts. Repeat ____ times.

“Reverse Superman”
Primary muscles: Lattisimus dorsi, Teres major, Posterior deltoid; Accessory muscle: Triceps brachii

Place arms at side, palms up. Raise arms straight up. Hold for ____ counts. Repeat ____ times.

“Butterfly”
Primary muscle: Trapezius; Accessory muscles: Rhomoids, Lattissimus dorsi

Lie on stomach with hands behind head. Raise elbows toward ceiling. Raise ______ arm, with palm down, then up. Hold for ____ counts. Repeat ____ times.
“Half Airplane”
Primary muscles: Trapezius, Rhomboid major; Accessory muscles: Rhomboid minor, Lattisimus dorsi

Lie on stomach with one arm off the side of the bed/mat. Raise arm out to the side and up with palm down. Hold for ____ counts. Repeat ____ times.

“Push Up”
Primary muscles: Triceps, Pectoralis major; Accessory muscle: Pectoralis minor

Place both hands on mat/bed and push up. Hold for ____ counts. Repeat ____ times.