

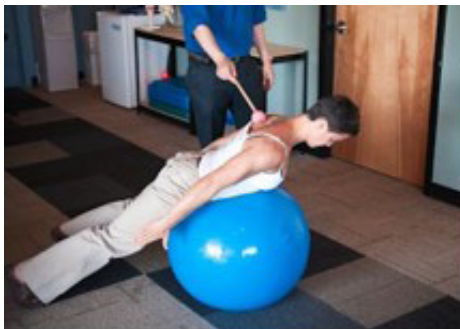
**Shoulder scapular stabilization**



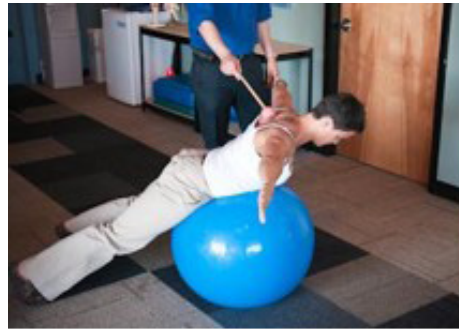
Shoulder Scapular stabilization (serattus anterior) shoulder at 90 degrees abduction 1/2



Shoulder Scapular stabilization (serattus anterior) shoulder at 90 abduction degrees add external rotation 2/2



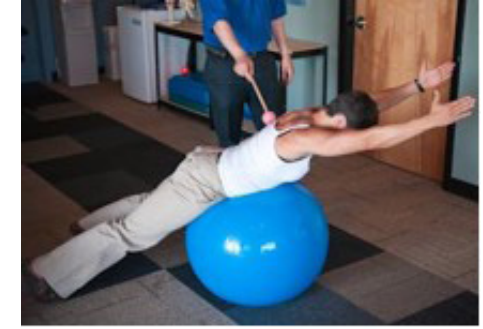
Shoulder stabilization with posterior chain stabilization (scapular retraction and depression/upper trapezius recruitment with scapular adduction) 1/4



Shoulder stabilization with posterior chain stabilization at 90 degrees shoulder abduction (thumbs down rhomboids bias) 2/4



Shoulder stabilization with posterior chain stabilization at 90 degrees shoulder abduction (thumbs up middle trapezius bias) 2/4



Shoulder and scapular stabilization with posterior chain stabilization at overhead elevation (lower trapezius and serattus anterior) 3/4

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.