

FALL 2012

UPMC REHAB GRAND ROUNDS



MANAGEMENT OF SCAPULAR DYSKINESIA

supplement to

Comprehensive Approach to the Management of Scapular
Dyskinesia in the Overhead Throwing Athlete

UPMC Rehab Grand Rounds Fall 2012

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1A. Scapular Clock at 12 and 6



1A: Scapular Clock

The athlete places his or her hand on the wall at the level of the shoulder with a fully extended elbow. The athlete is then instructed to:

Elevate and depress the scapula with fingers pointed up towards the 12 and 6 o'clock positions

1B. Scapular Clock at 9 o'clock



1B: Scapular Clock

The athlete places his or her hand on the wall at the level of the shoulder with a fully extended elbow. The athlete is then instructed to:

retract and protract the scapula with fingers pointed in to 9 o'clock position.

1C. Scapular Clock at 3 o'clock



1C: Scapular Clock

The athlete places his or her hand on the wall at the level of the shoulder with a fully extended elbow. The athlete is then instructed to

Retract and protract the scapula with fingers pointed in to 3 o'clock position.^[46]

2. Wall Washes



2. Wall Washes:

The athlete places his or her hand on a towel on the wall at the level of the shoulder with a slightly flexed elbow. The athlete is instructed to “wash the wall” in approximately a 12 inch back and forth motion going from a retracted scapula and extended arm to a protracted scapula and flexed arm.^[46]

3. Inferior Glide



3. Inferior Glide:

The athlete stands upright with the arm in abduction to 90 degrees with a fist on a solid surface. The athlete then applies pressure with the fist in the direction of arm adduction against the surface and instructed to inferiorly depress the scapula for 5 seconds repeated 10 times.^[46]

4. Low Row



4. Low Row:

Sitting in front of an immovable object, the athlete places his or her hand on the leading edge of the surface with the palm facing posteriorly. The athlete is then instructed to extend the trunk, pushing the hand forcefully against the edge while simultaneously retracting and depressing the scapula for 5 seconds repeated 10 times. [43]

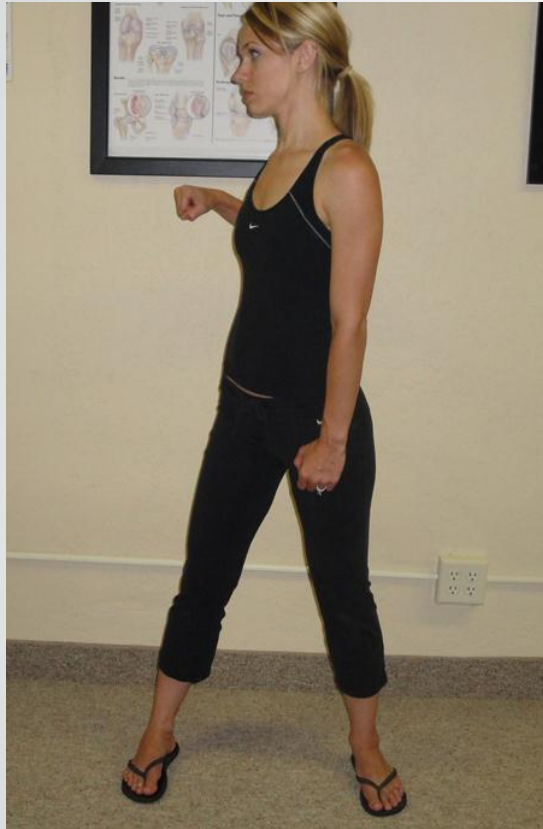
5A. The Lawnmower



5A. Lawnmower:

The athlete begins this exercise with a flexed and rotated trunk towards **the contralateral side** with the hand at the level of the **patella** .

5B. The Lawnmower



5B. Lawnmower:

The athlete is then instructed to smoothly rotate and extend the trunk to a vertical orientation while **simultaneously retracting the scapula with a forceful contraction as if they were trying to place the elbow into the back pocket** repeated 20 times.^[43]

6A. The Robbery



6A. Robbery:

The athlete begins this exercise in a standing position with the **trunk flexed to approximately 45 degrees with the arms forward flexed and palms facing the thighs.**

6B. The Robbery



6B. Robbery:

The athlete is then instructed to move into a vertical orientation while extending the arms and flexing the elbows so the palms are facing up and away from the body while simultaneously squeezing the scapulas together with a forceful contraction for 5 seconds repeated 10 times.^[43]

7. Sleeper Stretch



7. Sleeper Stretch: The athlete lies on his or her side with both the shoulder and elbow in 90 degrees of flexion. The shoulder is passively internally rotated by pushing the forearm toward the table about the fixed elbow.^[46]

8. Pectoralis Minor Stretch



8. Pectoralis Minor Stretch:

The athlete lies on his or her back with a rolled towel under the spine. Gentle downward force is applied to the coracoid process bilaterally.

References

- (43) Kibler WB, Sciascia AD, Uhl TL, et al. [Electromyographic analysis of specific exercises for scapular control in early phases of shoulder rehabilitation](#). *Am J Sports Med* 2008;36:1789–98.
- (46) Forthomme B, Crielaard JM, Croisier JL. [Scapular positioning in athlete's shoulder : particularities, clinical measurements and implications](#). *Sports Medicine*. 2008; 38(5):369-86.

References are from [UPMC Rehab Grand Rounds Fall 2012](#)

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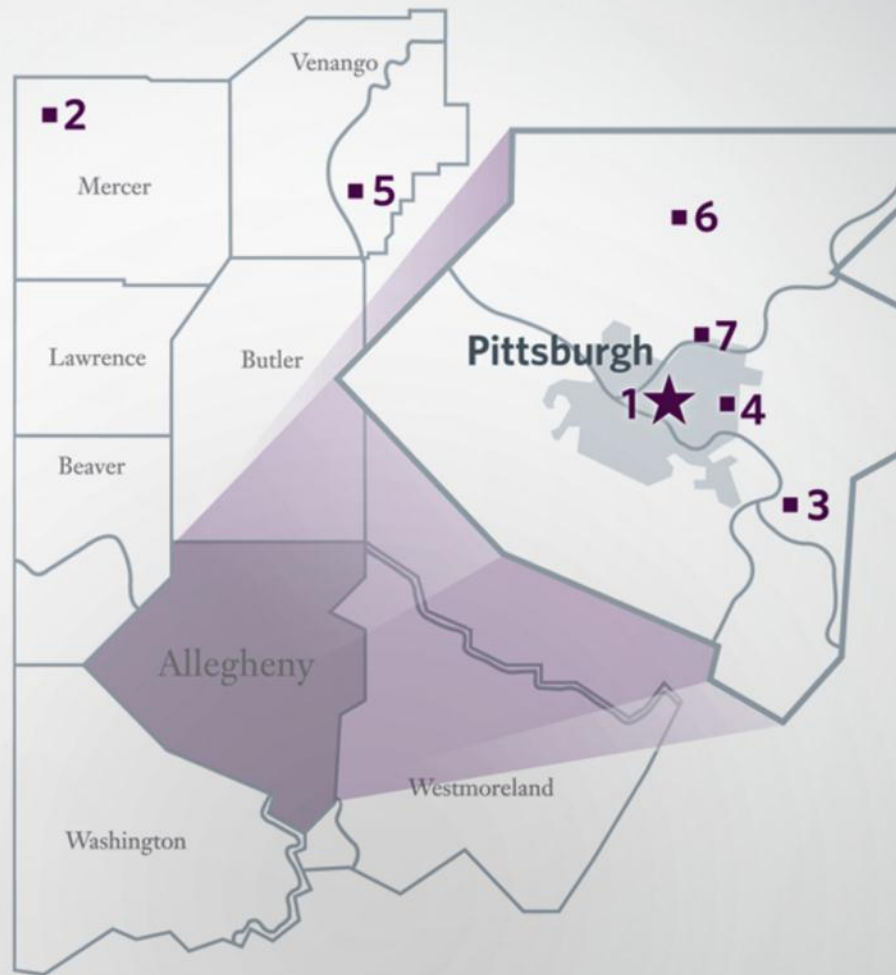
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