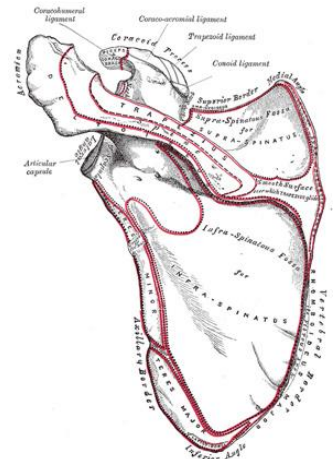


LMC Scapula Stabilisation Programme

The scapula is the base upon which all shoulder activities rest. It has three main roles:

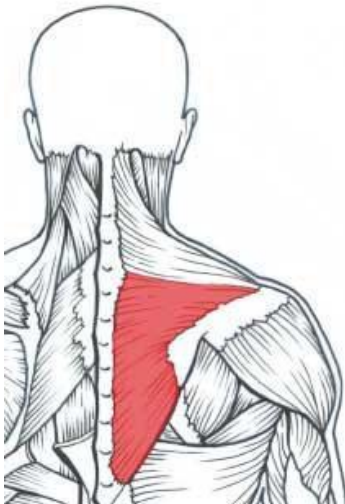
1. Providing a socket for the humerus in the glenohumeral (GH) joint.
2. Provides a base for all the intrinsic muscles of the rotator cuff
3. Provides a base for the deltoid, biceps and triceps.



In essence the scapula acts as a platform for shoulder rotation and arm activities.

Scapula Clock (A video of this exercise is available at www.lacemarketclinic.co.uk)

Envisage a large clock face on a wall in front of you approximately 2 feet in diameter with 12 o'clock being level with the shoulder. Retract and pinch the scapulars whilst pointing at 12 o'clock. Draw a small circle in the air, first clockwise and then anti-clockwise. Repeat this at 3, 6 & 9 o'clock.



Low Row

Stand with your back about 1 inch from a wall, hands at your sides and shoulders back. Keeping the arm straight push the heel of the hand back and down into the wall without allowing your torso to move. You should feel this in the lower trapezius area of your back.

Pull Start

This exercise simulates pulling the starting cord of a lawn mower. The start position is near the floor on the opposite side of the body. Finish up right with the torso rotated to the opposite side and the hand almost to the arm pit so that the shoulders are fully retracted. This exercise can be performed early in rehabilitation without weights or resistance.

© Adam Richmond

Lace Market Clinic, 32a Stoney Street, Lace Market, Nottingham, NG1 1LL

www.lacemarketclinic.co.uk

t: +44 (0) 115 924 7171

e: adam@lacemarketclinic.co.uk

Disclaimer

This information is intended to supplement professional medical advice not substitute for it. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified health care provider. Please consult your health care provider with any questions or concerns you may have regarding your condition. Any attempt to diagnose and treat an illness using the information in this site should come under the direction of a trained medical practitioner. We accept no responsibility for any adverse effects or consequences resulting from the use of any of the suggestions or procedures in this site or related internet links. By using the information in this web site you are confirming that you understand this statement and that you accept all risk and responsibility. All matters regarding your health should be supervised by your health care provider. All information provided in this site is for the purpose of education, not treatment.