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## Scapular Muscular Training Program

### I. PHASE I: STATIC STABILITY

**Goals:** Initiate voluntary contraction/control  
Re-establish unilateral muscular balance  
Normalize passive mobility

**Exercises:**

- Prone horizontal abduction (neutral rotation)
- Prone horizontal abduction with ER
- Supine serratus anterior punches
- Standing scapular retractions with tubing
- Standing table lifts with retraction and hand turn
- Push-ups onto wall
- Sidelying neuromuscular control drill (with resistance)
- Prone rowing with dumbbells
- Mobilization of scapulothoracic joint (if needed)

### II. PHASE II: DYNAMIC STRENGTHENING/STABILIZATION

**Goals:** Improve unilateral muscular balance  
Enhance dynamic stability  
Improve proprioception and neuromuscular control

**Exercises:**

- Prone horizontal abduction (with ER)
- Prone rowing (manual resistance with RS)
- Prone horizontal abduction @ 100° with ER
- Standing table lifts with retraction and ER
- Push-ups onto floor with plus
- Push-ups onto ball (table) with RS
- Push-ups onto two plyoballs onto wall
- Hand onto ball into wall with RS
- Sidelying neuromuscular control drills
  - with no resistance
  - with resistance quadrant with RS

### III. PHASE III: ADVANCED STRENGTHENING DRILLS

**Goals:** Maintain muscular balance  
Provide stable base (foundation)  
Enhance endurance

**Exercises:**

- Prone horizontal abduction (neutral)
- Prone horizontal abduction @ 105° with ER
- Scapular retractions (on pect machine or tubing)
- Standing table lifts (lower trapes)
- Push-ups onto tiltboard with RS
- Push-ups onto plyoball on table with RS
- Plyo push-ups onto wall
- Sidelying NM control drills