

Shoulder Flexion, Lateral Rotation, and Scapular Adduction — Side-Lying Position (Figures A-C)

- Purposes:**
- To improve the performance of the shoulder muscles that raise the arm overhead
 - To improve the performance of the shoulder muscle that rotates the arm
 - To increase the motion of the shoulder blade
 - To improve the performance of the trapezius muscle

Starting position: While lying on side, hips and knees are bent. Arm is at shoulder level with elbow flexed and resting on pillow.

- Perform variation if box is checked

Shoulder flexion (see Figures A-C)

- Method:** Slide your arm overhead as far as possible
Straighten your elbow as your arm moves overhead
- Try to move your shoulder blade upward and toward the front of your body
- Slide your arm back to the starting position
Do not shrug your shoulder

- Perform variation if box is checked

Scapular adduction (trapezius muscle exercise) (see Figure C)

- Method:** Rest your arm on a pillow in a slightly overhead position
- Pull your shoulder blade toward your spine (see Figure B)
 - Lift your arm off the pillow by pulling your shoulder blade toward your spine

- Perform variation if box is checked

Shoulder rotation

- Method:** Rest your upper arm on the side of your body
Bend your elbow to 90 degrees
Rest your forearm against your abdomen
Keep your upper arm still and raise your forearm and hand toward the ceiling by rotating in your shoulder joint
Return your forearm and hand to the starting position

Repetitions: _____

