



## SFT Shoulder & Scapula Stability

### 1 - SCAPULA CAR'S

Perform 1-3 Sets of 5-10 Reps on each arm.

One rep = one forward rotation + one backward rotation

### 2 - PRONE ISOMETRIC LIFT

2-3 sets, holding for 30 seconds each time.

Press into your forearms to lift up. Don't think about rounding your upper back, but think about touching your sternum to your spine. Press tops of shoulders down away from your ears, and think about spreading your scapulae wide across your upper back.

### 3 - SCAPULA PUSH-UPS

Perform 1-3 Sets of 5-10 Reps.

Use a light resistance band around your forearms. Make sure you keep your forearms parallel and shoulder width apart. Hold at the top of each "push-up" for 3 seconds.

### 4 - PRONE LIFT WITH 2 ARM MOVEMENTS

Perform 1-3 Sets of 8 Reps for each arm movement.

1. Arms start in 90 degree goal-post position, then extend overhead and pull back in.
2. Arms extend straight out to the side and rotate internally and externally.

### 5 - SHOULDER CAR'S

Perform 1-3 Sets of 5-10 Reps on each arm.

One rep = one forward rotation + one backward rotation

### 6 - FOREARM GLIDES

Perform 1-3 Sets of 5-10 Reps.

Use a light resistance band around your forearms. Keep forearms parallel the whole time, and maintain even tension on the band. Keep tops of shoulders pressing down away from ears. Only lift elbows as high as you can without lifting the shoulders. Keep your rib cage closed, and make sure you do not lean back.

### 7 - WALL WALKS

Perform 1-3 Sets of 5-10 Reps on each arm.

One rep = hand slides up, hand slides out to the side, hand rotates and slides to diagonal.

Keep shoulders stacked directly over hips...do not lean back. Keep a soft bend in the elbows, and keep your scapula pulled close to your rib cage by actively pressing your sternum towards your spine and pressing the tops of the shoulders down.

### 8 - DYNAMIC SIDE PLANK WITH 3 PORT DE BRAS

Perform 5-10 Reps of each port de bras on each arm.

Keep top of weight bearing shoulder pressing down away from your ear. Actively press into your forearm the whole time, creating resistance through the full range of motion for each port de bras.

1. Hips drive front and back, as top arm sweeps forward and backward.
2. Hips drive up and down, as top arm sweeps up overhead and then pulls down into waist.
3. Hips rotate in and then out, as top arm tucks under towards the floor and then open towards the ceiling.