

Exercises Scapular Stabilization.

Chest stretches in doorway X3/day

Remember to take 10 deeeep sloooow breaths

Chest stretches on bench, supine angels

Remember use light weights at first and do clockwise and counter clockwise

Don't Shoots

Remember to keep hands and elbows on the wall as big an arch as you can.

Prone Angels

Role under forehead, keep arms off the table while you make your angel wings.

Wall slides

Remember to keep your shoulder blade tucked in your opposite back pocket as you slide up and lift the hand back from the wall. Return in same manner.

Walk on hands while dragging your feet.

Remember to start dragging your knees and as you get stronger drag your feet.

Remember to do Strain counter strain for pec minor and levator scapulae in sidelying with a body pillow in front and the affected arm behind. Firm pillow between your arm and your butt / back. Rest here for at least 2 minutes.