

SCAPULAR STABILIZATION EXERCISES

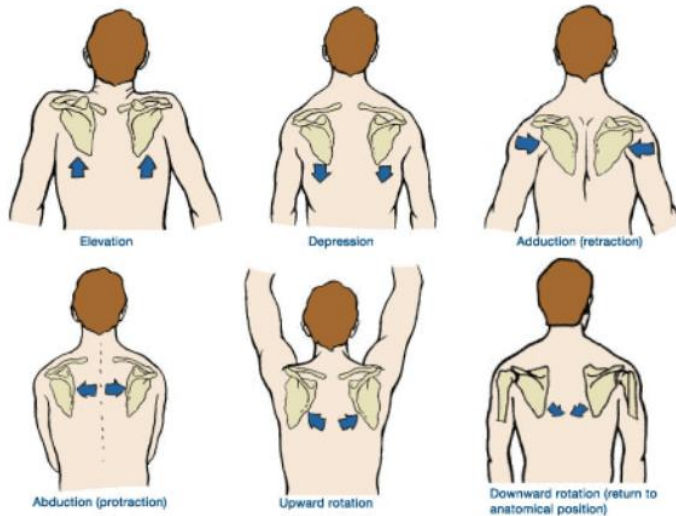
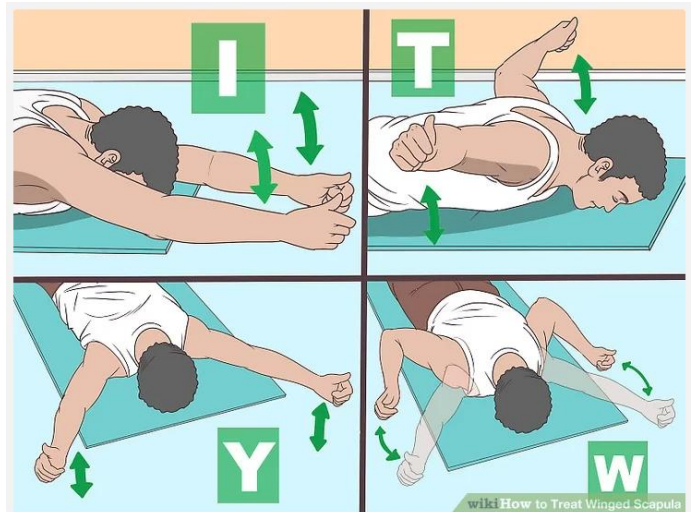


Image by www.drewmurphystrength.com

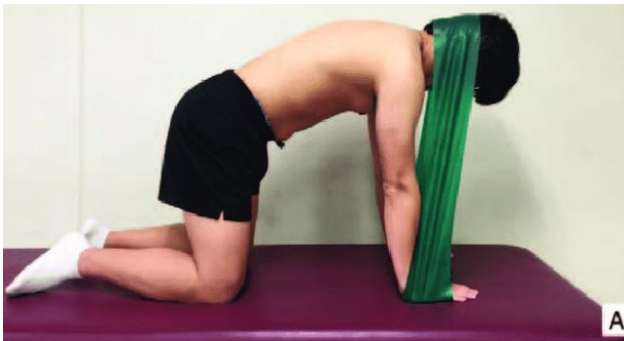
<https://www.precisionmovement.coach/scapular-stabilization-exercises/>



Do all 4 positions of ITYWs. Start by lying face-down with your arms at your sides. Then move through each of the 4 positions 2-3 times, spending 15 seconds in each position.

<https://www.wikihow.com/Treat-Winged-Scapula>

KNEE PUSH-UP PLUS (BEST WITH THERA-BAND)



CONCLUSION: Knee Push-Up-Plus (KPP) with Thera-Band in the occiput showed significantly lower rectus abdominus (RA) activity ($P = .001$) and Thoracic kyphosis angle (TKA) ($P < .001$) than KPP with no Thera-Band. Serratus Anterior (SA) muscle activity ($P = .020$, $P = .047$) and Scapular Winging (SW) ($P < .001$, $P < .001$) were significantly lower with Thera-Band applied to the occiput and thoracic regions than in (KPP) with no Thera-Band.

Thera-Band applied to the occiput and thorax can be beneficial as it decreases RA and SA muscle activity and reduces Thoracic Kyphosis Angle and SW during KPP in subjects with SW.

LEFT (A&B): Thera-Band application to different posterior body parts.
A: occiput, B: thoracic region (apex of the thoracic region during the knee push-up plus).

https://www.researchgate.net/figure/Thera-Band-application-to-different-posterior-body-parts-A-occiput-B-thoracic-region_fig2_324236307