

## Scapular Setting

**Starting Position:** lying on your stomach with your forehead resting on a folded towel and hands tucked under your hips as if they are in your front pockets.

**Action:** gently pull your shoulder blade back and down towards your spine. Hold for 5 seconds then lower back down.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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