

Scapular Stabilising- Lying

Starting Position: loop your theraband around the leg of a table. Lie on your back with your knees bent and both arms pointing towards the ceiling.

Action: gently pull the band away from the table about 30° then slowly release back to the start position. Be careful not to arch your lower back as you pull on the band. Continue for 2 minutes. You should not feel any tension in your upper shoulders or back.



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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