

Scapular Stabilising- Kneeling

Starting Position: loop your theraband around the leg of a table. Kneel facing towards the table with one end of the band in each hand and your arms straight. Your hands should be slightly in front of your thighs.

Action: gently pull on the band until your hands are level with your hips then slowly release back to the start position. Do not pull your hands back past your hips. Continue for 2 minutes. You should not feel any tension in your upper shoulders.



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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