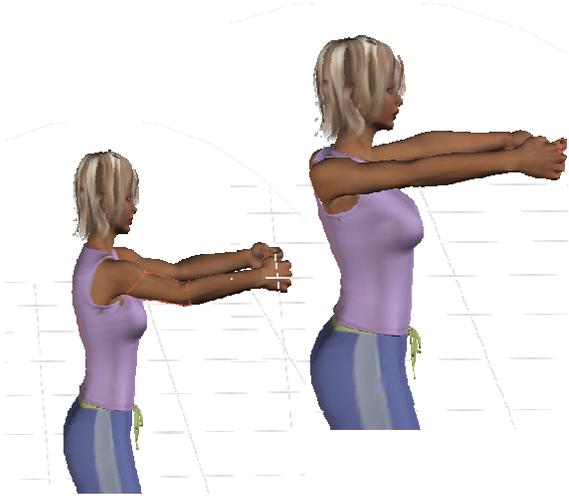


Serratus Anterior Strength

The muscle that controls shoulder blade winging is the serratus anterior. This can be strengthened by performing a Scapular Punch or a push up plus. Below is the Scapular Punch. Feel that you are moving your arms forward by pulling your shoulder blades forward then pull them back

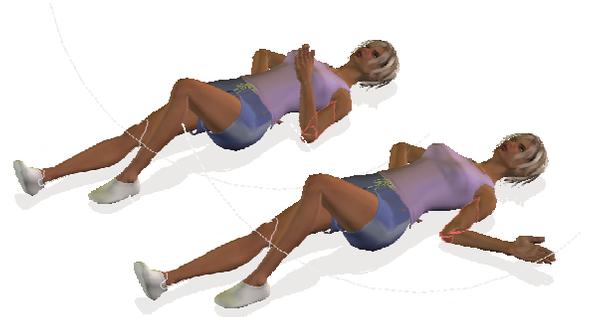
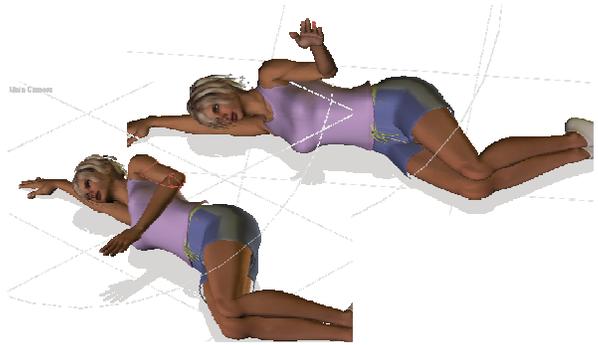


Rotator Cuff Retraining

These exercises train the external rotator cuff (top) and the internal rotator cuff (bottom)

Perform 10-15 repetitions for 2-3 sets.

Choose a weight that makes you feel tired in your shoulder area.



SCAPULAR STRENGTHENING

For the exercises below you don't want to move your arms at your shoulder or elbow. Rather you want to raise and lower your arms a few inches by squeezing your shoulder blades together and then letting them fall downwards (if on the ball). If performed against the wall then squeeze your shoulder blades backwards and push your hands against the wall. Weights are not necessary to start but you may progress with time.

