

Shoulder Blade: Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain. You will be told when to start these exercises and which ones will work best for you.

How to do the exercises

Shoulder roll



slide 1 of 10, Shoulder roll,

1. Stand or sit up straight, with your chin slightly tucked.
2. Keep your arms relaxed. All motion will be in your shoulders.
3. Roll your shoulders up, then back, then down, and then forward in a smooth, circular motion. Repeat at least 2 to 4 times.
4. Then go the other direction. Press your shoulders down, then back, then up, and then forward in a smooth, circular motion. Repeat at least 2 to 4 times.

Lower neck and upper back (rhomboid) stretch



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slide 2 of 10, Lower neck and upper back (rhomboid) stretch,

1. Sit in a firm chair, or stand tall.
2. With your arms about shoulder height, clasp your hands in front of you.
3. Drop your chin toward your chest.
4. Reach straight forward so you are rounding your upper back. Think about pulling your shoulder blades apart. You'll feel a stretch across your upper back and shoulders.
5. Hold for 15 to 30 seconds.
6. Repeat 2 to 4 times.

Triceps stretch



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slide 3 of 10, Triceps stretch,

1. Stand or sit up straight. If you're standing, keep your feet about hip-width apart. Reach your affected arm straight up.
2. Keeping your elbow in place, bend your arm and reach your hand down behind your back.

3. With your other hand, apply gentle pressure to the bent elbow. You'll feel a stretch at the back of your upper arm and shoulder. Hold about 15 to 30 seconds.
4. Repeat 2 to 4 times.
5. It's a good idea to repeat these steps with your other arm.

Shoulder stretch (posterior)



slide 4 of 10, Shoulder stretch (posterior),

1. Relax your shoulders. Hold the elbow of your affected arm with your other hand.
2. Use your hand to pull your affected arm gently up and across your body. You will feel a gentle stretch across the back of your affected shoulder.
3. Hold for at least 15 to 30 seconds, then slowly lower your arm.
4. Repeat 2 to 4 times.
5. If you can, repeat these steps for your other shoulder.

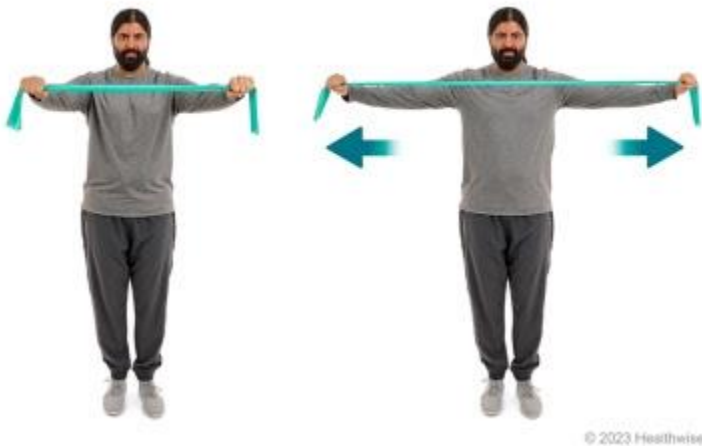
Shoulder-blade squeeze



slide 5 of 10, Shoulder-blade squeeze,

1. Sit or stand up straight with your arms at your sides.
2. Keep your shoulders relaxed and down, not shrugged.
3. Squeeze your shoulder blades down and together.
4. Hold for about 6 seconds, then relax.
5. Repeat 8 to 12 times.

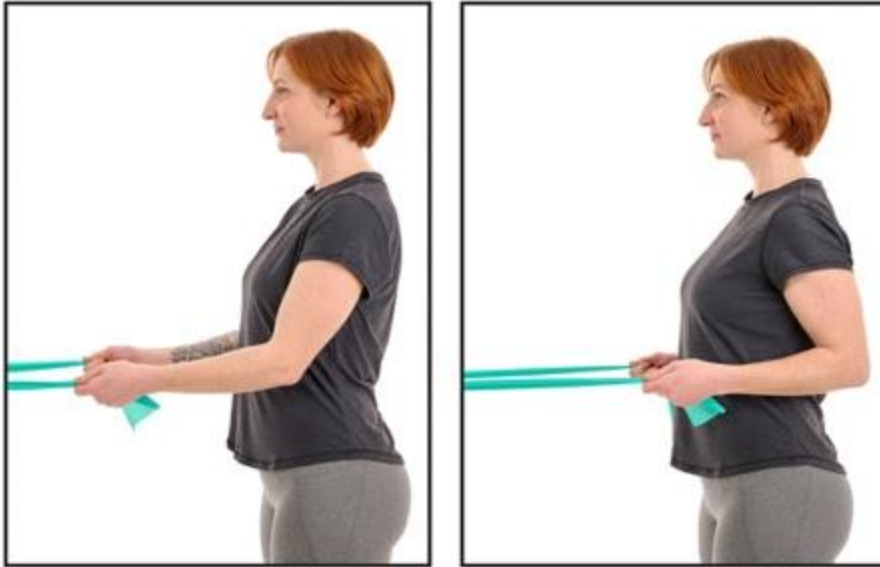
Chest-level pull (arms straight)



slide 6 of 10, Chest-level pull (arms straight),

1. Sit or stand up straight. Grasp an exercise band with your hands about shoulder-width apart.
2. Relax your shoulders. With your palms facing down, hold your arms straight out in front of you.
3. Slowly pull straight out to the sides, squeezing your shoulder blades together. Keep your arms straight and at chest level. Do not pull your shoulders up toward your ears. Hold for 1 to 2 seconds.
4. Slowly return to your starting position.
5. Repeat 8 to 12 times.

Resisted row



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slide 7 of 10, Resisted row,

1. Anchor an exercise band at about waist level. You can loop the band around a solid object, like a bedpost or handrail. Or you can tie a knot in the middle of the band and shut a door on the band so the knot is on the other side of the door. (Or you can have someone hold one end of the loop to provide resistance.)
2. Stand or sit facing where you have placed the band. Hold one end of the band in each hand.
3. Hold your arms out in front of you. Adjust your hold on the band so you have some tension on it.
4. With your shoulders relaxed, pull the bands back, and move your shoulder blades toward each other. Your elbows will pass along your waist.
5. Slowly return to the starting position.
6. Repeat 8 to 12 times.

Overhead pull-down



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slide 8 of 10, Overhead pull-down,

1. Tie a knot in the middle of an exercise band. Put the band over the top of a door so that the knot is on the other side of the door. Then shut the door to keep the band in place.
2. Sit or stand with your back to the door. Hold one end of the band in each hand.

3. Start with your arms up and comfortably apart, elbows straight. There should be a slight tension in the band.
4. Slightly tuck your chin, and look straight ahead.
5. Keeping your back straight, slowly pull down and back, bending your elbows.
6. Stop where your hands are level with your chin, in a "goalpost" position.
7. Repeat 8 to 12 times.

Chest T stretch



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slide 9 of 10, Chest T stretch,

1. Lie on your back with your knees bent and your feet about hip-width apart.
2. Tuck your chin, and relax your shoulders.
3. Reach your arms straight out to the sides. If you don't feel a mild stretch in your shoulders and across your chest, use a foam roll or a tightly rolled towel or blanket under your spine, from your tailbone to your head.
4. Relax in this position for at least 15 to 30 seconds. Continue to breathe normally and don't hold your breath.
5. Repeat 2 to 4 times.

As you get used to this stretch, keep adding a little more time until you are able to relax in this position for up to 5 minutes. When you can relax for at least 2 minutes, you only need to do the exercise 1 time per session.

Goalpost stretch



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slide 10 of 10, Goalpost stretch,

1. Lie on your back on the floor (or a firm surface) with your knees bent and your feet about hip-width apart.
2. Tuck your chin, and relax your shoulders.
3. Reach your arms straight out to the sides.
4. Bend your elbows. Your arms should make an L on each side. Your palms should face up.
5. If you don't feel a mild stretch in your shoulders and across your chest, use a foam roller or tightly rolled towels under your spine, from your tailbone to your head.
6. Relax in this position for at least 15 to 30 seconds. Keep breathing normally.
7. Repeat 2 to 4 times.

As you get used to this stretch, keep adding a little more time until you are able to relax in this position for up to 5 minutes. When you can relax for at least 2 minutes, you only need to do the exercise 1 time each session.