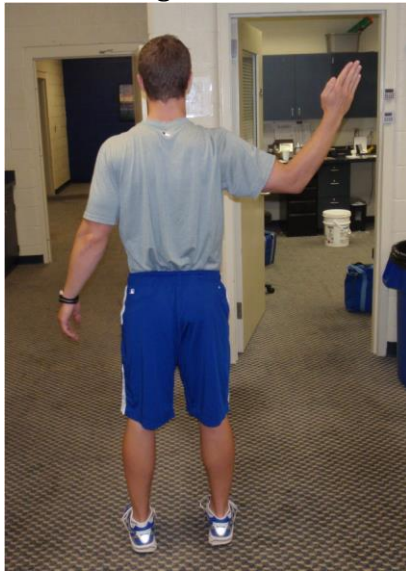


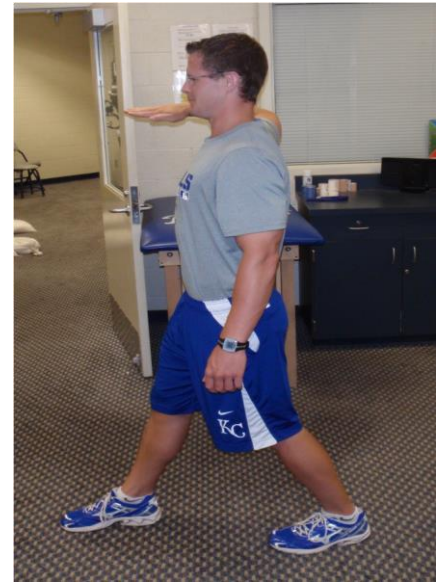
UPPER EXTREMITY: Gross Scapular Movements

Gross scapular movements is a series of 4 exercises designed to improve scapular control and movement. Each exercise is performed in the standing position for 20 repetitions each. No weights should be used with these exercises. All movements should be performed with the throwing arm.

#1: Side Step – Start with your arm position at shoulder level as seen in the first picture. Then step out and raise the arm as shown at the same time. Focus on setting the scap prior to movement and controlling the arm raise.



#2: Forward Step – Start with your arm at shoulder level and your elbow bent to 90 degrees. Step forward with your non-throwing leg as you reach forward with your throwing arm. Then step backward as you pull the arm back while retracting the scap.



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#3: Lawn Mower - This movement requires you to start in a squatted position with your throwing arm reaching across toward your non-throwing foot. From here you want to pull the arm up and back with the scap as if starting a lawn mower.



#4: Squat to Reach Across - The last movement is a 3-part exercise. Begin in the squatted position similar to the lawn mower but with your arm on the same side by your foot. Then bring the arm up and back similar to the lawn mower final

position.
as shown.

From here, reach up and across

the front of your face

