



Scapular Stabilization with TheraBall

Goal: Increase scapular strength and stability

ITWY Series

Start: Lie with chest on ball. If no ball available, lie on your stomach with a small towel roll under your forehead

Action: Tuck your shoulder blades down and back then raise arms in desired movement pattern without arching low back. Perform exercises slow and controlled.

_____ Repetitions _____ Sets _____ Times Per Week

