



SCAPULAR EXERCISES

Aster
HOSPITAL

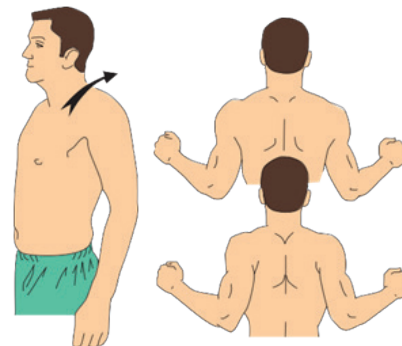
We'll Treat You Well



Digital Version



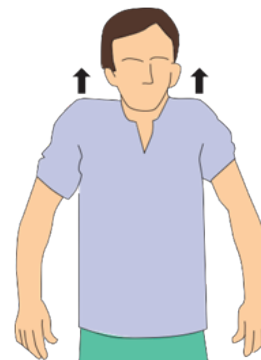
SHOULDER PROTRACTION-RETRACTION



Relax head and neck. Stand with good posture, squeeze shoulders back. Avoid shrugging shoulders. Keeps abs tight.

- Hold it for _____ secs then bring the shoulder back and repeat it _____ time.

SHOULDER SHRUGGING



- Try to lift your shoulder towards ears
- Hold it for _____ secs then bring the shoulder back and repeat it _____ time.

All Exercises should be done as per the prescribed dosage and frequency for maximum benefit.

Caution: You should stop exercise immediately if pain increases/persists. Consult a physiotherapist



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

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