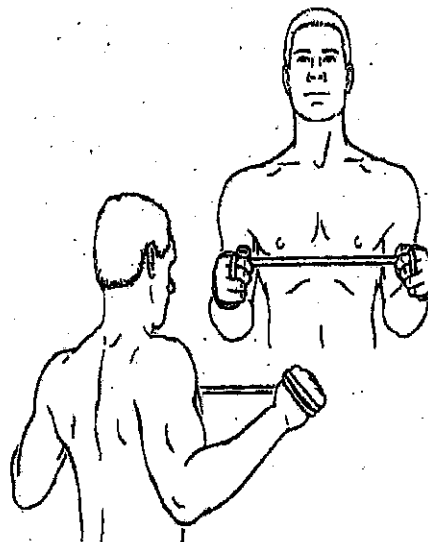
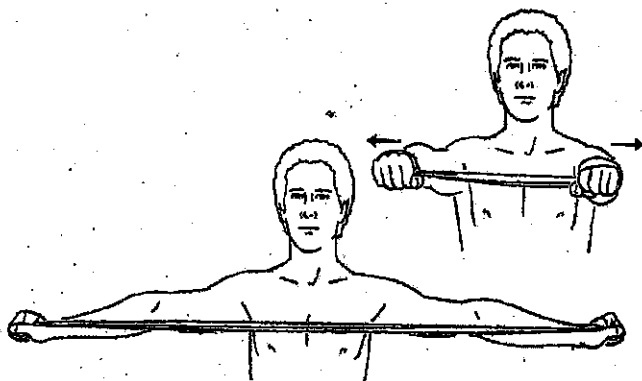
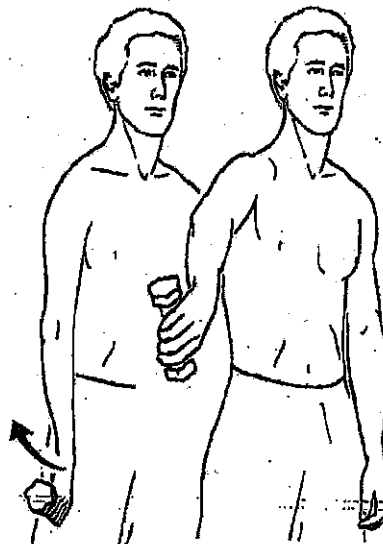


Scapular Exercises

Scapular Stabilizing Exercises



Things to Remember:

- Good Posture
- Head, Neck, and Shoulders in line
- Shoulder blades remain in same position throughout entire exercise