



Therapeutic Exercise for the Shoulder “Core”

- Healthy throwing athletes demonstrate increase scapula upward rotation and retraction.
- Sufficient scapular upward rotation is vital to injury free performance and helps “clear” structures under acromion.
- The only part of the trapezius that upwardly rotates the scapula is the lower trapezius and it is ideally suited for scapular stabilization and external rotation.
- These exercises are the best to activate the lower trapezius.
 - Prone 120 degrees
 - Prone ER at 90 degrees of abduction
 - Prone horizontal abduction with ER
- These exercises exhibit the best UT:LT ratio
 - Bilateral shoulder external rotation
 - Seated Press up
 - Other:
 - Sidelying external rotation
 - Prone horizontal abduction at 90 degrees

