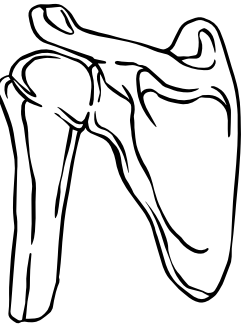

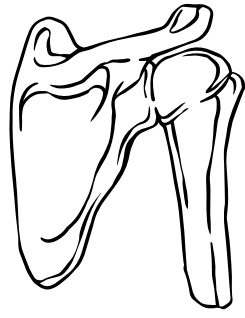

SCAPULAR MOBILIZATIONS

Made by Noemie von Kaenel, OTR/L, CSRS

Scapular Elevation

- Approximate scapula and humerus
- Perform **scapular elevation with inferior angle between therapist thenar and hypothenar eminence of hand**
- Have patient in posterior tilt "slouch and touch your chin into your chest"
- Therapist hold for 10 seconds and release

Scapular Depression

- Approximate scapula and humerus
- Therapist places fingertips on patient's **spine of scapula**
- Have patient move head in lateral direction away from you eat on non involved side to shoulder on non involved side
- Therapist hold for 10 seconds and release

Scapular Retraction

- Approximate scapula and humerus
- Therapist has patient **axillary in web space between fingers and thumb**
- **Perform adduction** and maintain hold
- Ask the patient to turn head in opposite direction
- For additional stretch ask the patient to place opposite hand on him with thumb pointing down

Scapular Protraction

- Approximate humerus and humerus
- Therapist **places PIP onto medial border**
- **Perform abduction and** maintain hold
- Ask patient to slowly turn head towards therapist and reach for therapist shoulder

Scapular Upwards rotation

- Pt in side lying on affected side
- Approximate scapula and humerus and **support upper limb**
- **Therapist places PIPs on medial border by inferior angle**
- **Perform upwards rotation** and hold

Material from Certified Stroke Rehabilitation Specialization Course November 2024