



Vanderbilt Orthopaedic Institute

Scapular Dyskinesis Guidelines

General Rehabilitation Guidelines:

1. Improve Scapulohumeral rhythm
2. Improve Posterior capsule and pectoralis minor flexibility
3. Improve rotator cuff and periscapular strength
4. Improve core strength
5. Return to painfree ADL function

Suggested Home Exercises:

1. Sleeper's stretch
2. Cross Arm stretch
3. Corner stretch
4. Prone scaption
5. Prone horizontal abduction
6. Shrugs
7. External rotation
8. Internal rotation
9. Serratus punch
10. Upright arm-extended low trapezius rows