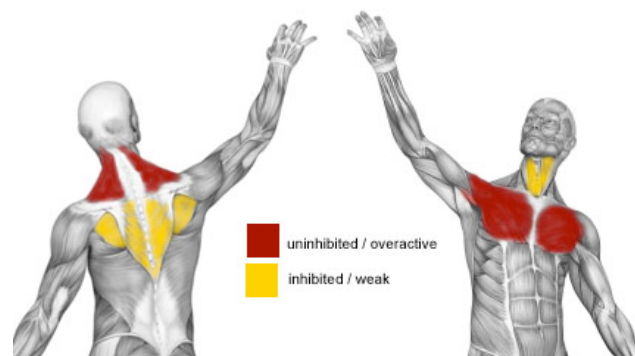


“Y-W-T” Exercises for Scapular Stabilisation

Your scapular stabilisers are a group of muscles that stabilise the shoulder joint when moving your arm. The following exercises focus on these muscle groups and are known as scapular stabilisation exercises. The most important include the mid and lower trapezius muscle.

The letters Y, W and T don't stand for anything, they just refer to where your arms should be in relation to your body (see pictures).

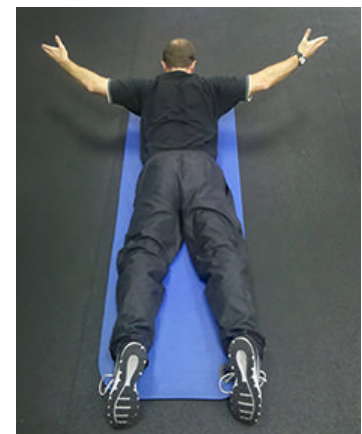


Y's :

1) Start by lying face down on the floor. First squeeze your shoulder blades together then raise your arms at a 45-degree angle above your head (imagine that your arms form the top of the Y shape and your torso the bottom.)

2) Point your thumbs to the ceiling and keep your elbows straight throughout the exercise.

3) Slowly raise your arms as high as possible by squeezing your shoulder blades together by flexing your lower trapezius and upper back. Bring your head 1-2cm off the floor, keeping it neutral (i.e. looking at the floor) at all times.



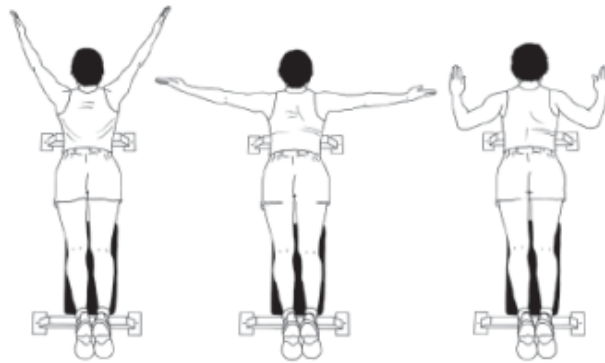
4) Hold for about three to five seconds at the top and slowly lower your arms to the floor.

W's :

Repeat the exercise as you have done above, but this time with your elbows bent and below the level of your shoulders.



T'S : Repeat as above but with your arms in the "T" position (centre fig. below).



For each of the Y's W's and T's repeat a total of 10 repetitions, 3 times (once a day).

Add light dumbbells (1-2Kg) as you increase strength in the lower trapezius. Alternatively progress to a stability ball.

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