



**Buchberger**

**Shoulder Stabilization Program**

# DAY 1

**MAINTAINING SCAPULAR RETRACTION IS THE FOCUS OF ALL OF THESE EXERCISES, AND ARE USED TO INCREASE SHOULDER STABILITY**

- 1) Side Lying Abduction
- 2) Plus
- 3) Field Goal
- 4) Concentric/Eccentric External Rotation
- 5) T-Curl

# DAY 2

- 1) Subscapularis Pull
- 2) External Rotation Standing
- 3) Bilateral BB3
- 4) Standing 4-Way
- 5) Dynamic Blackburn
- 6) Scapular Retraction – End Range

# Side Lying Abduction



Lay on right side leaning on the right elbow, with left leg bent and placed behind the knee of the straight right leg

- 1) Set Scapula (Shoulder Blades)
- 2) Lift left arm to the height of the left knee
- 3) Lower the arm slowly (6 seconds) keeping the scapula retracted.



Perform 1-2 sets of 25 repetitions (or when fatigue sets in), every other day with a maximum 3 lbs of resistance

In this exercise the straight arm should not move across your body, it should drop straight towards the ground with a 30°-40° arc of motion.

# Plus



Starting position is on all 4's

- 1) **ABDOMINAL BRACE**
- 2) Set Scapula (Scapular Retraction)
- 3) Protract the scapula as if to push yourself off of the floor.

Perform 1-2 sets of 25 repetitions (or when fatigue sets in), every other day.

In this exercise we are working on going from scapular retraction to scapular protraction. The important thing is to avoid rounding your thoracic spine (mid back) during protraction

# Field Goal



Stand with both arms straight out in front at shoulder height with palms to the ground

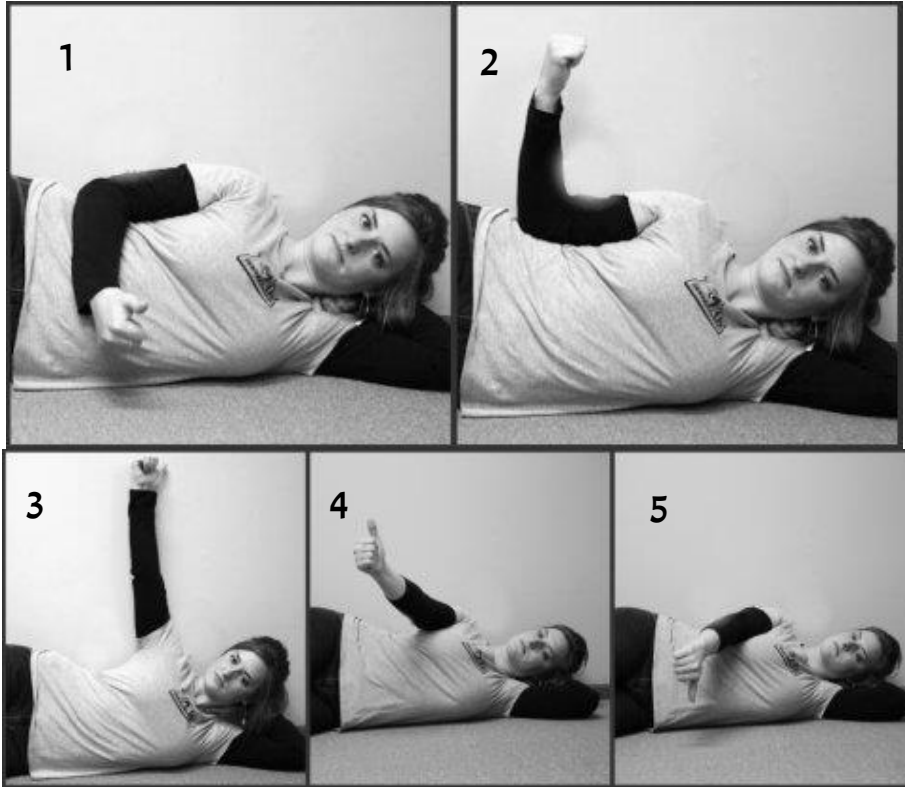
- 1) Set Scapula (Scapular Retraction)
- 2) Pull elbows straight back to  $90^{\circ}/90^{\circ}$
- 3) Externally rotate the shoulder with the thumbs pointed up, into the field goal position, making sure to NOT let the elbows move toward the body while externally rotating.

Perform 1-2 sets of 25 repetitions (or when fatigue sets in), every other day with a maximum 3 lbs of resistance

In this exercise we are working on maintaining scapular retraction while externally rotating the shoulders.

# Concentric/Eccentric External Rotation

Lie flat on your left side leaning on your left hand, with your right upper arm flat against your right side. Keeping the elbow pinned against your right side with a 90° bend at the elbow, and your thumb pointing up.



- 1) Set Scapula (Scapular Retraction)
- 2) Externally rotate your arm, keeping your elbow pinned against your side, thumb should end up pointing behind you.
- 3) Push arm straight toward the ceiling, keeping the thumb pointed behind you.
- 4) While keeping the elbow fully extended, reach across your chest at a 45° angle, keeping your thumb pointed up. Do not reach forward, rather maintain the scapular retraction as you come downward
- 5) When the straight arm, with thumb pointing upward, reaches the final 30° of the motion, turn your thumb downward.

Perform 1-2 sets of 25 repetitions (or when fatigue sets in), every other day with a maximum 3 lbs of resistance

Baseball pitchers should find their follow through position on video and use that plane for this exercise. If there is any pain with this motion, lower the arm to a comfortable level.

# T-Curl – alternate pronation/supination

Stand with your right shoulder at 90° elbow fully extended.

- 1) Set Scapula (Scapular Retraction)
- 2) Flex the elbow with your palm towards your body, and then extend it back to the starting position.
- 3) Rotate your hand so the palm is away from your body and flex the elbow; and then extend it back to the starting position.



Perform 1-2 sets of 25 repetitions (or when fatigue sets in), every other day with the appropriate band. Form is the most important, so be sure to choose a band that isn't too hard.

Do not let the elbow drop, this works the serratus anterior muscle, and helps with shoulder stability.

# Subscapularis Pull



Stand with your right shoulder at 90° elbow fully extended, thumb pointing up

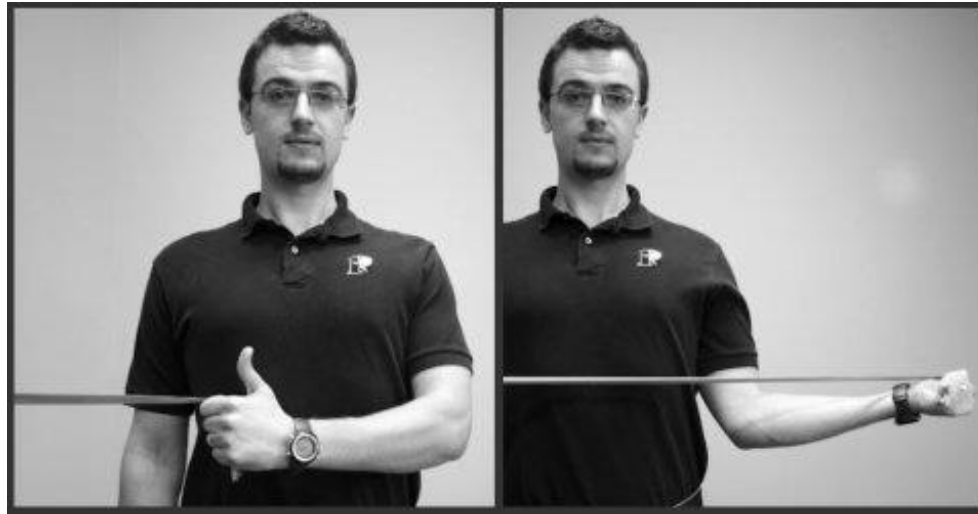
- 1) Set Scapula (Scapular Retraction)
- 2) Pull your arm behind your back as you point the thumb down half way through the motion.
- 3) You should end up with your thumb touching as close to the opposite shoulder blade as possible.

Perform 1-2 sets of 25 repetitions every other day with the appropriate band.

Range of motion is more important than resistance, so use appropriate tension and focus on a full controlled range of motion.



# Standing External Rotation



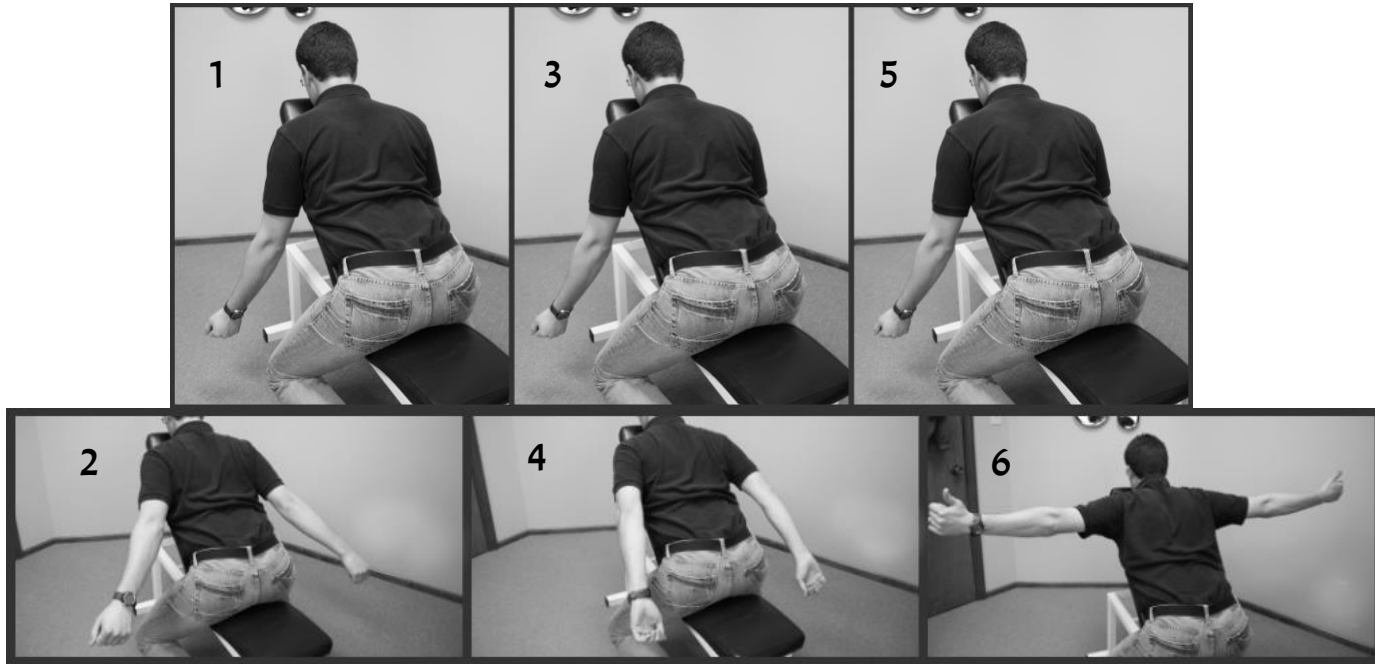
Stand with your right elbow at 90° and pinned against your right side, thumb pointing up. Reach across your body to grab a band, keeping the elbow tight against the right side.

- 1) Set Scapula (Scapular Retraction)
- 2) Turn the thumb to the right as you pull the band across your body, externally rotating the upper arm and shoulder.

Perform 1-2 sets of 25 repetitions every other day with the appropriate band.

A towel can be placed in the armpit, this will decompress the shoulder joint and place the rotator cuff muscles in a better position to function

# Bilateral BB3



Lie on your stomach on a bench, preferably with a Dyna disc under your chest, (or stand leaning forward), and extend your arms straight toward the floor with thumbs pointing out.

- 1) Keep both arms fully extended and pull the back of your hands toward the ceiling.
- 2) Control the motion back down to the starting position.
- 3) Keep both arms fully extended and pull your palms toward the ceiling
- 4) Control the motion back down to the starting position
- 5) Keep both arms fully extended and pull your thumbs toward the ceiling

Perform 1-2 sets of 25 repetitions every other day with a maximum 3 lbs. of resistance

Do not hyperextend the shoulders, this can lead to problems in the Anterior shoulder capsule

# Standing 3-Way



Stand with your arms at your side, and keep your thumbs pointing forward.

- 1) Set Scapula (Scapular Retraction)
- 2) Keep both arms fully extended and pull your thumbs toward the ceiling, directly in front of your body
- 3) Control the motion back down to the starting position.
- 4) Repeat @  $45^\circ$  arm angle and  $90^\circ$  compared to the starting position

Perform 1-2 sets of 25 repetitions every other day with a maximum 3 lbs. of resistance

# Dynamic Blackburn

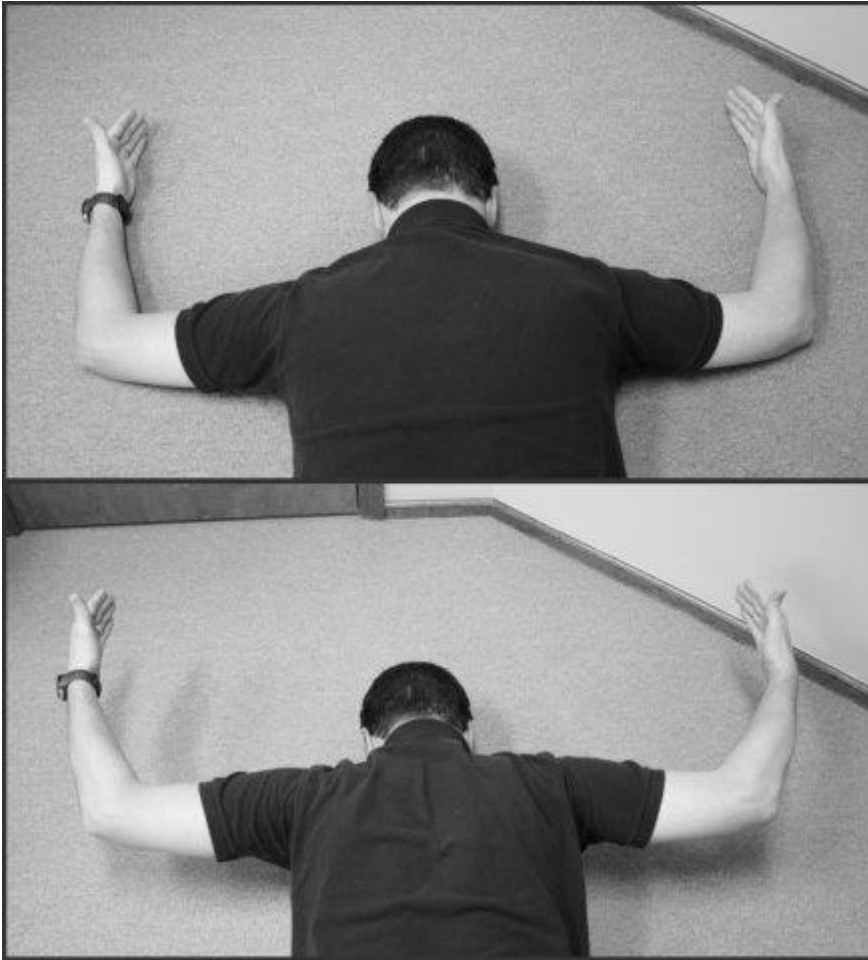


Lie on your stomach with your fingers interlocked behind you back, resting on your buttocks.

- 1) Set Scapula (Scapular Retraction)
- 2) Keep both arms fully extended and reach toward your feet with both hands, keeping your hands together.
- 3) While keeping the hands together, lift them off of your buttocks and slowly release the hands while beginning to externally rotate. The palms should be facing the floor.
- 4) Continue with arms fully extended to shoulder height where thumbs should be pointing to the ceiling.
- 5) Continue to just past shoulder height, and then reverse the motion slowly.

Perform 1-2 sets of 25 repetitions every other day with a maximum 3 lbs. of resistance

# Scapular End Range



Lie on your stomach with a dyna disc or folded towel under your chest. The shoulders and elbow should be positioned at 90°

- 1) Set Scapula (Scapular Retraction)
- 2) Without picking the arms off the ground, slide the arms on the floor
- 3) While keeping the scapula set and the thumbs pointing upward, lift the elbows and hands straight toward the ceiling.
- 4) If there is no pain, externally rotate slightly at the end of the motion

Perform 1-2 sets of up to 25 repetitions every other day with a maximum 3 lbs. of resistance