

❖ Facilitating Muscles Acting on the Scapula

Functional use of the upper extremity requires both proximal control of the scapula and distal function of the forearm and hand. The following therapeutic method encourages facilitation of muscles required for scapular stability by moving the body on the arm, instead of moving the arm on the body. This method can be highly effective, although you may not be able to see or feel the muscles acting on the scapula during the activity, in facilitating muscles which help to stabilize the scapula.

Starting Position

Begin with the patient positioned in sidelying on the involved side, on the mat table or in their bed. The involved arm should be fully supported.

Handling

1. Have your patient reach slowly forward with their non-involved hand. As the patient reaches forward, stabilization of the involved side is required, activating muscles along the weight bearing scapula.
2. Now, have your patient reach slowly back, rotating their upper trunk toward a more supine position. The slower the movement, the more control of the upper trunk is required. Do not allow your patient to 'flop' forwards or backwards.
3. Continue for several repetitions.



Tips

This is great for any of your patients with a history of shoulder pain. They do really well with this technique because the involved arm is resting on the mat and the scapula is supported. The patient is less fearful of pain.

⌘7 Pause and Practice with a Partner
(This Practice Session is not demonstrated in the video.)

Notes
