

Exercise Prescription: Scapular Pushups- Wall

Purpose of Exercise:

This is a strength and stability exercise for the shoulder.

Starting Position:

Standing with feet shoulder width apart, 1-2 feet away from a wall. Hands are placed on the wall slightly wider than shoulder width and elbows are locked straight (1).

Exercise Description:

From the starting position, keeping your elbows locked, bring your chest towards the wall (2). Your shoulders should not move in space but should move backwards in relation to your chest. Now press your chest as far as you can away from the wall (3) without letting your shoulders shrug up towards your ears.

Maintain proper spinal alignment throughout the movement, taking care not to let the hips sag. Make sure to breathe normally during this exercise.

Purpose of Exercise:

This is a strength and stability exercise for the shoulder.

Pictures:



1

2

3