

## Exercise Prescription: Scapular Pushups- Feet Elevated

### Purpose of Exercise:

This is a strength and stability exercise for the shoulder.

### Starting Position:

In a pushup position with feet elevated on a bench/raised platform (1).

### Exercise Description:

From the starting position, keeping your elbows locked, bring your chest towards the floor (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 floor (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.

### Pictures:



1



2



3