

## Scapular clocks

This is an exercise to re-educate the proper scapular mechanics that are needed while elevating the shoulder. These exercises are important in order for the individual to understand the proper movements that the scapulae should be making when raising the arm forward and out to the side.

Begin this exercise by imaging that your shoulder is a clock. Up is 12, down is 6, and backwards is 9. Use a ball in the arm that you are re-educating. Place your opposite arm behind your head as shown to promote proper scapular positioning of the opposite scapula. Next elevate your scapula toward the 12 position as seen in picture 1. Next depress your scapula toward 6 o'clock as seen in picture 2. Next move your shoulder forward toward the 3 o'clock position. Finally, move your shoulder backwards toward 9 o'clock by pinching both shoulder blades together as seen in picture 3. You have now successfully performed a scapular clock. Repeat this exercise 10 times, multiple times throughout the day. Pay close attention to the movements and the muscles that are being used when performing these movements. This will help to promote proper scapular mechanics when lifting your arm.



SCAPULAR ELEVATION (12)



SCAPULAR DEPRESION (6)



SCAPULAR RETRACTION (9)