

Thumb-tacks

Thumb tacking is another scapular exercise that helps an individual understand the proper mechanics of the shoulder blades during elevation of the arm.

Begin by placing your thumbs into the wall slightly lower than chest level and pinching your shoulder blades together as seen in the first picture.



Next rotate your thumbs inward as if you were pushing a thumb-tack into the wall. Pay close attention that you are not elevating your scapula toward the 12 o'clock position as you were doing when performing Scapular clocks.



Next rotate your thumbs back to the starting position and pinch your shoulder blades together again. This exercise is promoting proper scapular retraction and protraction while avoiding scapular elevation toward the 12 o'clock position.

