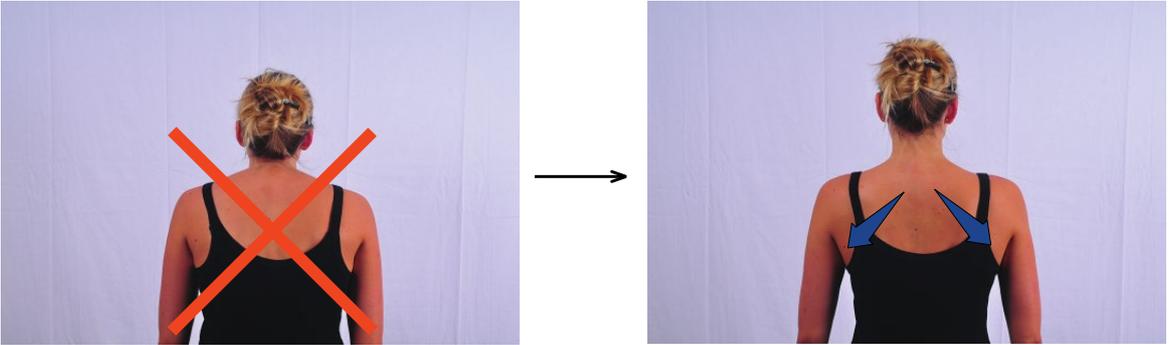


SCAPULA POSITION/SHOULDER BLADE POSTURE



The image shows two back views of a woman. The left image shows an incorrect posture with a large red 'X' over the scapulae. The right image shows a correct posture with blue arrows pointing downwards and outwards from the scapulae. An arrow points from the incorrect to the correct image.

Scapular Stabilising / Scapula neutral (setting)
Incorrect
 Abnormal scapular position creates shoulder dysfunctions, muscle imbalances and pain

Correct
 To correct this you need to feel the lower points of the scapulae drawing DOWN & OUT away from each other. Your physio will show you how to find scapula neutral. There is no recipe – each patient scapula dysfunction is unique.

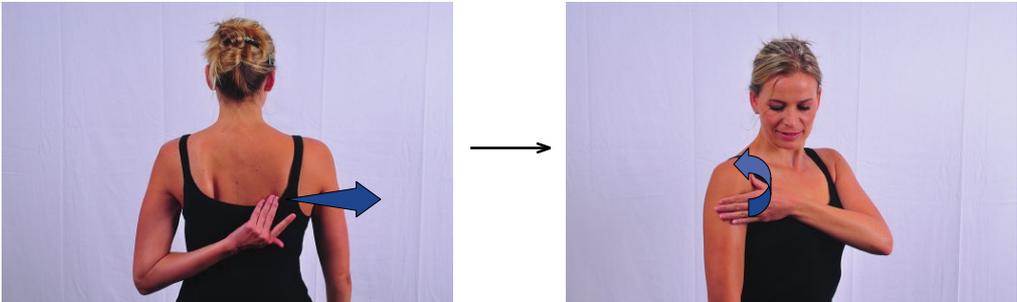


The image contains three separate photographs illustrating different exercises for scapular stabilization.

Visualise the scapula as the African continent. Palpate the 'Tip of Africa' & move it 'Down & Out' AWAY from the spine.

Assist this outward movement of the lower angle with the 'Sternal lift'. Take a breath in, angle the sternum towards the ceiling. Maintain and breathe normally.

NOD, don't bend the neck! Slide the occiput, or back of your head UP the wall, maintaining contact between the occiput and the wall.



The image shows two front views of a woman. The left image shows her hands on her shoulders with a blue arrow pointing outwards from the spine. The right image shows her hands on her shoulders with a blue arrow pointing upwards and backwards. An arrow points from the left to the right image.

Finding "Scap Neutral"
 Fill the Tip of the Scapula. Visualise it as the "Tip of Africa". Bring the Tip WIDE – away from the spine. Then bring the coracoid (front of shoulder) 'Up & Back' (next pic) whilst maintaining the Tip of Africa wide

Place thumb on the opposite shoulder. Push with your thumb to help get the "up & back" movement, while the lower angles of the Scap "stay wide" at the back