

## SERRATUS ANTERIOR STRENGTHENING EXERCISES

### 1) Swan Dive

Starting position: Lie on your front in the 'sphinx' position. Legs parallel, hip distance apart. Gently lift your waist, lower ribcage and breastbone away from the mat. Slide your shoulder blades downwards. Back of your head in line with the spine.



Vienna Sausage in Puppy Ly:  
Pro- and Retraction

Allow the scapula to wing out



Feel the scapulae move around the chest wall.  
Think about widening the gap between the lower  
scap angles (Tips of Africa)

Hold this position for 5 seconds

Think about the breastbone sinking and breastbone coming away from the ground. Keep the shoulder blades away from your ears.

### 2) Plank

- Hold the plank position with a good posture (30 seconds to 1 minute).
- Hold the plank posture and experiment with leg lifting without compromising on alignment (5 times each leg).
- Then work on "breastbone sinking and breastbone coming away from the ground" (5 repetitions)



### 3) Leg pull prep in prone

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Curl your toes under to rest on the balls of your feet. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.



#### Level 1

- INHALE to prepare
- EXHALE, hover your knees one inch off the mat, keeping neutral alignment throughout the spine
- INHALE and hold this position
- EXHALE, lower your knees to the mat

Sets: 2    Reps: 10



#### Level 2

Starting position: Kneel on your hands and knees. Place your hands further forwards on the mat, keeping the knees directly under the hips. Curl your toes under to rest on the balls of your feet. Elbow joints soft. Head and neck lifted in alignment with your spine.



#### Action

- INHALE to prepare
- EXHALE, hover your knees one inch off the mat. Then glide your body forwards and lower your pelvis to form a long plank position
- INHALE and hold the plank position
- EXHALE, glide your body backwards bringing your hips over your knees. Then lower your knees to the mat.

Sets: 2    Reps: 10

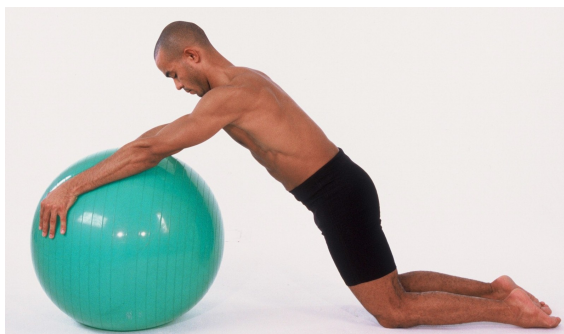
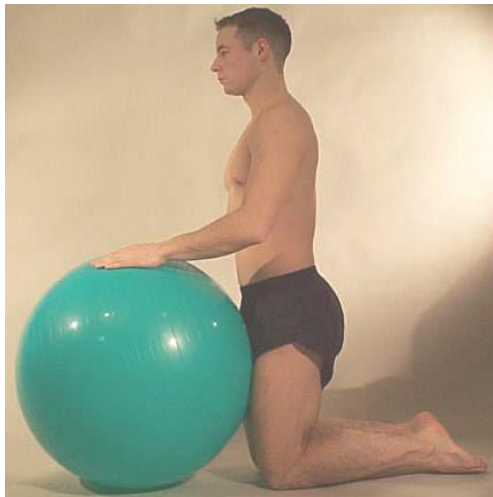


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- Try to avoid letting you tummy sag.
  - Try and keep your breastbone away from the ground and.
  - Try and keep your shoulder blades away from you ears.

#### 4) Push up and clap hands “plus”

This is an exercise to increase power. Your physiotherapist will advise you in this regard if it is appropriate for you.

#### 5) Gym Ball forward lean out



## 6) Push ups against the wall

