

Side lying Push up

Patient is lying on their side with their down side arm flexed to 90° and elbow flexed to 90°, and scapula is shrugged up. Patient's down side leg is at 90° as well. Patient is instructed to push elbow into the table to elevate body up over scapula. To increase difficulty patient activate core muscles and pushes down side knee into the table. Purpose is to improve lower scapular stabilizers and allow patient to realize scapular depression.



