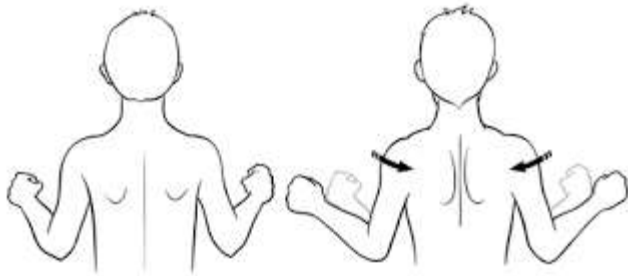




## Scapular Stabilization & Strengthening



### Scapular Squeezes

Stand/Sit tall, good posture  
Use the upper back muscles to squeeze the shoulder blades together  
Be sure to relax the upper trap and pull the pointed part of the shoulder blades together



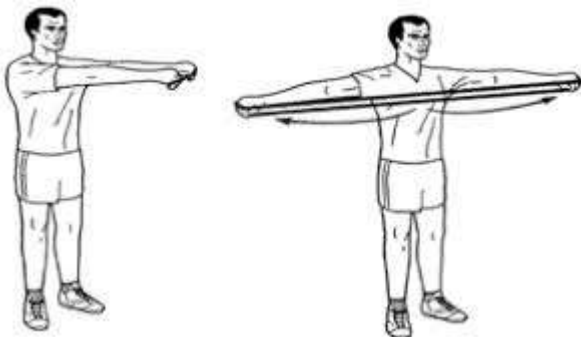
### Rows- Elbows Straight

Staggered stance  
Hold resistance band with both hands  
Palms face FORWARD  
Keep arms straight  
Pull band back toward hips  
Squeeze shoulder blades together



### Rows-Elbows Bent

Staggered stance  
Hold resistance band with both hands  
Palms face IN  
Draw back the band as elbows bend  
Keep elbows near the side of the body  
Squeeze shoulder blades together



### Horizontal Abduction -“T”

Perform with palms DOWN  
Keep elbows straight  
Pull until the middle of the band reaches the chest  
Squeeze shoulder blades together then slowly return to starting position

# HUHS Swim Team - Upper Extremity Stretching



## Pec/Bicep Stretch

Place your hand against a wall with your elbow straight and thumb UP to ceiling. Rotate your body away from your hand/the wall until you feel a stretch across the front of your chest and/or down your arm into your bicep.

*3x20 Seconds each side*



## Doorway Pec Stretch

Start by having one arm flush against the side of the wall with a 90 degree bend at the shoulder and the elbow. Have the opposite leg forward and the other back in a modified lunging stance.

Press the body forward while keeping the arm flush against the wall, until there is a stretch felt in the front of the chest.

*3x20 Seconds each side*



## Modified Doorway Pec Stretch

Same as the exercise listed above, but the elbow is rested higher in the doorframe (see picture).

*3x20 Seconds each side*



## Doorway Lat Stretch

Stand in or next to a door frame. Hold onto the door frame with your finger tips, and sidebend your body to feel a stretch through your shoulder, armpit and ribs. Keep your body squared up to the front (try not to rotate your torso).

*3x20 Seconds each side*

