Strengthening Program
Upper Body

Shoulder Blade Muscle Strengthening: Exercise I

Starting Position:
• Sit or stand erect
• Elbows bent near sides
• Tighten abdominal muscles as if zipping up a tight pair of pants

Exercise:
• Lift breast bone
• Gently squeeze shoulder blades down & back

For more resistance:
• Hands close together, thumbs up
• Grasp band with both hands
• Pull band apart slightly, moving elbows towards back pants pocket
• Return slowly

Repeat 10 times
Do several times a day

Shoulder Blade Muscle Strengthening: Exercise II

Starting Position:
• Drape exercise band around both shoulder blades like a shawl
• Hold each end of exercise band slightly lower than shoulder height

Exercise:
• Punch both hands forward in a rounded motion
  (as if hugging a big tree trunk)
**Strengthening Program**

**Lower Body**

Hip Strengthening: Exercise I

**Starting Position:**
- On your back
- Knees bent, close together but not touching
- Feet flat on surface, hip width apart

**Exercise:**
- Flatten back against surface (12 o’clock pelvis)
- Keep 12 o’clock position while lifting buttocks off surface as far as you can
- Make sure movement occurs through hips, not back
- Move hips evenly by squeezing buttocks together
- Hold
- Lower one spinal segment at a time from top of back to bottom
- Keep 12 o’clock pelvis until hips are down on table

Hip Strengthening: Exercise II

Right Hip

**Starting Position**
- On left side
- Hips and knees bent

**Exercise:**
- Keep feet together
- Slowly lift top knee toward ceiling
- Do not allow hips to roll backward
- Lower knees slowly

Left Hip
- Switch sides

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