



Beth Israel Deaconess
Medical Center



A teaching hospital of
Harvard Medical School

Sports Medicine & Shoulder Surgery

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Scapular Dyskinesis Guidelines

General Rehabilitation Guidelines

1. Improve Scapulohumeral rhythm
2. Improve Posterior capsule and pectoralis minor flexibility
3. Improve rotator cuff and periscapular strength
4. Improve core strength
5. Return to pain free ADL function

Suggested Home Exercises

1. Sleeper's stretch
2. Cross Arm stretch
3. Corner stretch
4. Prone scaption
5. Prone horizontal abduction
6. Shrugs
7. External rotation
8. Internal rotation
9. Serratus punch

Courtesy of Vanderbilt Sports Medicine