Subscapularis plays a role in providing shoulder joint stability and preventing the ball moving forward in its socket. Typically the Subscapularis activates early in the movement of internal rotation (arm wrestling movement) but the pectoralis major and lattisimus dorsi can inappropriately activate. Muscle retraining exercises progress from gentle controlled movements into strengthening once the technique is successful.

**Posture; set and align your scapula**

Sit. Place your hand on the front of the injured shoulder. The diagram shows the left hand placed on the pectoralis muscle. Feel your shoulder with your fingers making sure that the shoulder does not come forward.

Move your shoulder gently back into the shoulder socket (small movement). Do this by squeezing your shoulder blades together.

Repeat .................

Hold this position during the following exercise.

**Retrain pectoralis muscle**

Sit with a table at your side. Place your forearm on the table and keep your shoulder back, as seen above.

Slide your forearm towards you.

Place the hand onto a pillow placed on the belly. Your unaffected hand monitors activation of pectoralis and any anterior movement of the ball in the socket.

You are encouraged to appropriately ‘set and align the scapula’ as you push gently into the pillow (submaximal contraction).

Try to maintaining the elbow position and avoiding recruitment of pectoralis as if pushing from the back of the shoulder.

Hold the contraction for 5–10 seconds

Repeat as comfort allows............
Use the same retraining technique & ‘set and align your scapula’ with resistive exercises.

Begin with one end of the band securely attached at waist-height. (You may place a towel roll under your arm as well.) Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm inward. Hold and slowly return.

TIP: Be sure to keep your forearm parallel to the ground, your elbow by your side, and your wrist straight.
Sets ________ Reps ________ Color

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Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Start with your elbow by your side, in approximately 45° of internal rotation and pull the band outward, keeping your elbow bent at 90°. Hold and slowly return.
Sets ________ Reps ________ Color

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Sit on a chair with your arm lifted to the side and your elbow at a right angle supported on a table. Hold on to a rubber exercise band which is fastened behind you. Pull the band keeping elbow bent and resting on the table.
Repeat ________ times.

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References