



**1. Scapula protraction in press up position**

Kneel down with your hands under your shoulders and knees under your hips. Lift your knees off the floor and straighten your legs so that you are in a press up position. Maintain a straight line from the top of your head to your heels. With your core strong and your arms straight, drive the heels of your hands into the floor so that your shoulder blades flatten firmly against your back. Your back should not round as you do this. Hold this position. Relax your shoulder blades and then repeat, ensuring you keep your arms straight throughout.

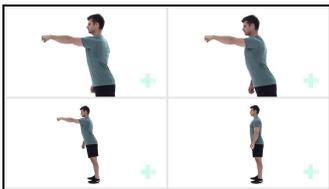
1 rep, 1 set, 1 s hold



**2. Serratus anterior press supine**

Lie on your back holding a weighted ball in both hands. Straighten your elbows, holding the ball above your chest. Try to push the ball further away from you, reaching towards the ceiling as far as you can.

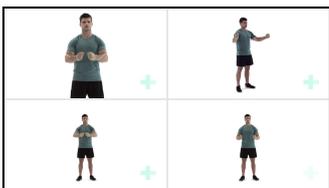
1 rep, 1 set, 1 s hold



**3. Serratus punch against wall**

Stand facing a wall at one arms length away. Reach your affected arm out to the front and place your fist or hand on the wall at shoulder height. Now gently let yourself lean forward on your hand and then push yourself back out to the starting position. To increase the difficulty of the exercise, move further away from the wall.

1 rep, 1 set, 1 s hold



**4. Resisted dynamic hug**

Stand upright holding the ends of a resistance band in each hand. Take the band around you, behind your head and near your shoulder blades. Bend your elbows slightly and move the arms forward and out to the side, like you want to hug someone. Turn your arms slightly inwards and then move your arms out slightly and repeat the exercise.

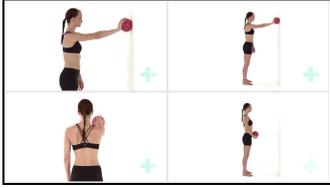
1 rep, 1 set



**5. Serratus anterior against wall - static**

Stand up straight facing a wall. Place your hands at shoulder height on a wall. Keep your arms straight and push the heels of your hands into the wall, tightening your shoulder blades to your rib cage. Your chest should move away from the wall. Relax your shoulder blades, allowing your chest to move towards the wall again. Your elbows should remain straight throughout this exercise. Repeat this movement.

1 rep, 1 set, 1 s hold



### 6. Serratus anterior at 90 degrees with ball

Place a ball against a wall, holding it firmly with the palm of your affected arm. Push through the heel of your hand into the ball, keeping your shoulder blade strong. The purpose of this exercise is to improve the control at your shoulder blade, so you must facilitate this by pushing your hand firmly into the ball.

1 rep, 1 set, 1 s hold

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### 7. Lunge – cross over with resisted uni-lateral serratus anterior punch

Stand up straight with a resistance band looped around your upper back, holding one end in each hand. Bend your elbows to approximately 90 degrees. Maintain a neutral spine and engage your deep abdominal and shoulder blade muscles throughout this exercise. Simultaneously lunge forwards diagonally across your body onto one leg as you punch your corresponding hand forwards and round your shoulder blade against the resistance of the band. Ensure you keep your upper back straight. Pause, then return to the start position with control. Repeat, leading with your other leg and hand.

1 rep, 1 set

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