



# Shoulder Blade Motor Control, Strengthening & Shoulder Strengthening Exercises (intermediate-advanced)

Click on the title or find all the exercises on CCGI YouTube 

✓	Exercises	Notes
<b>Shoulder blade motor control and strengthening</b>		
	<a href="#">Multiple scapula motor control</a>	
	<a href="#">Scapular retraction (sitting)</a>	
	<a href="#">Scapular retraction with weights (inclined position)</a>	
<b>Shoulder strengthening</b>		<i>Clinician's and user's judgment is advised. These exercises were recommended in the context of overall patient management. Patients should consult their clinician if any symptoms increase.</i>
	<a href="#">Shoulder abduction (standing)</a>	
	<a href="#">Biceps strengthening (standing)</a>	
	<a href="#">Alternative shoulder elevation (sitting)</a>	
	<a href="#">Pectorals strengthening (supine)</a>	
	<a href="#">Shoulder flexion (supine)</a>	
	<a href="#">Front raise shoulder flexors strengthening (standing)</a>	

These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI). Exercises conceptualized & demonstrated by: Nadia Richer, Caroline Poulin (professors, UQTR). Narration: Nadia Richer, Caroline Poulin, André Bussières (CCGI Project Lead). Production & editing: Peggy Béland, Rolland Sasseville (Information Technology Services, UQTR). They are based on the latest evidence-based Clinical Practice Guidelines for Neck Pain Associated and Whiplash Associated Disorders (2016)\*. Some of the exercise videos were adapted with permission from Prof. Gwendolen Jull and Prof. Michele Sterling, University of Queensland, Australia ('Whiplash Injury Recovery – A self-help guide').

Find out more at [www.chiroguidelines.org](http://www.chiroguidelines.org)

\* Bussières AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, Hayden J, et al. The Treatment of Neck Pain–Associated Disorders and Whiplash-Associated Disorders: A Clinical Practice Guideline. *Journal of Manipulative and Physiological Therapeutics*. 2016;39(8):523-64.e27.