

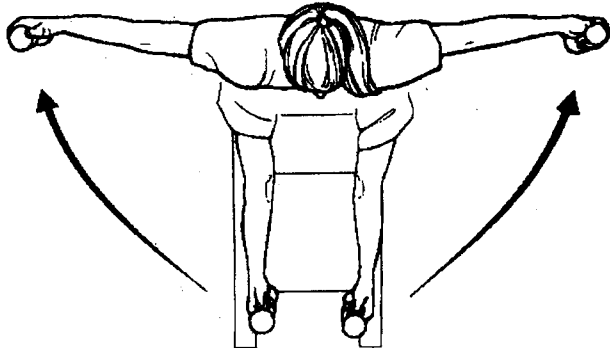
# Job Strengthening Program

Sean Grey, MD

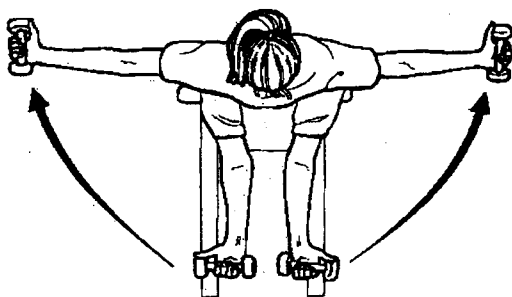
This is an advanced strengthening program that works on periscapular strengthening and posterior scapular dynamics. It is used in conjunction with rotator cuff strengthening exercises, but it specifically strengthens periscapular muscles to gain better mechanics and scapular rhythm overall.

These exercises are an essential part of the rehabilitation program as it begins the reinstatement of normal glenohumera/scapulothoracic mechanics. These can be started without weights and gradually advance to weights as the protocol allows.

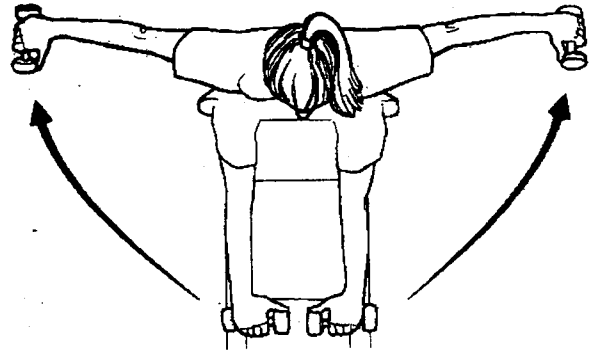
## Prone Horizontal-Neutral



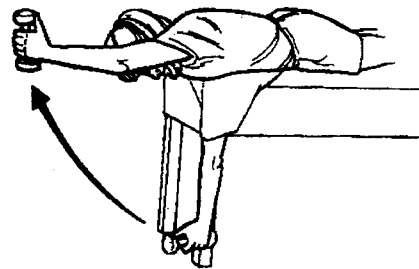
## Prone Horizontal-Thumbs up



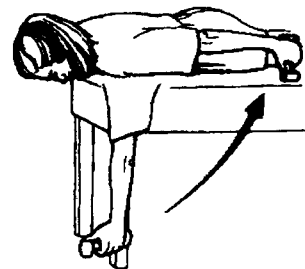
## Prone Horizontal-Empty Can



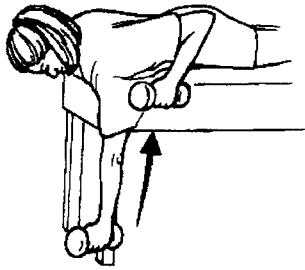
## Prone Flexion



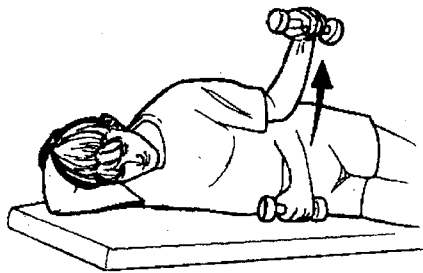
## Prone Extension



**Prone Rowing**



**Sidelying External Rotation**



**Sidelying Internal Rotation**

