

Inferior glide exercise. This exercise uses co-contraction to help strengthen the serratus an­terior and lower trapezius muscles.

Lovt row exercise. This early phase isometric exer-cis is designed to strengthen the serratus ante-rio and lower trapezius muscles.

Robbery exercise. This midphase exercise helps initiate scapular retraction and depression.

Figure 6

Lawnmower exercise. This dynamic maneuver strengthens the scapular stabilizers by using multiple kinetic chain segments.