

# Banded Serratus Loop for Scapular Stability



1. Start on hands and knees on the floor (all fours/quadruped/tabletop position) with knees under hips and hands under shoulders.
2. While keeping your back straight, sit back on your heels.
3. Drop elbows straight down from this position to mirror the image above.
4. Now with the band around the hands with your thumbs outside of the loop, mimic yourself gripping/palming a ball and apply outward pressure into the band resisting hands rolling down and into the table.
5. Hold this position for at least 5 to 10 seconds, or you can slowly open and close your hands 5 to 8 times.
6. Repeat this process 5 to 10 times and do this 2 to 3 times daily.

\*With this exercise, you should feel muscle activity between your shoulder blades. Make sure to keep your spine straight and elongate through the top of your head with your chin tucked.



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