

Motor Control: Scapular Preparation

Motor Control

- What is the typical structure for a motor control session?
- What skeletal structures do you start alignment with?
- Did you put your patient in alignment prior to starting scapular preparation?

Reflective Questions

Ask yourself these questions during or after performing scapular preparation.

- Am I close enough to my patient?
 - Could I get closer to my patient?
- Am I using my trunk and core to elevate and depress the scapula?
 - Did I mostly use my arms/shoulders or core/trunk?
 - **If mostly arms/shoulders, focus on extending your trunk and contracting your core.**
- Does my base of support allow me to extend my trunk and contract my core?
- Where are my elbows during elevation and depression?
 - Are my elbows tucked in?
 - **If not, adjust your hand to a more vertical position or think about having your elbows graze your ribcage.**
- Am I supporting/moving the inferior border of the scapula with the heel of my hand?
 - **If not, adjust your hand position on the scapula.**
- Can I feel the scapula moving during elevation/depression?
 - **If not, adjust your hand position on either the scapula or humerus.**
- Are the scapula and humerus moving as a unit during each phase of scapular preparation?
 - **If not, synchronize your left and right arm movements to maintain that scapulohumeral rhythm.**
- Am I feeling the medial border of the scapula during protraction/retraction?
- Am I supporting the elbow joint with a flat hand?
- Am I rocking forward and backward during protraction and retraction?
 - **If not, generate movement by shifting your weight between your front and backfoot.**
- Did I feel the scapula 'disappear' during protraction?
- Is the patient rocking back and forth with you?
 - **If so, slow down and concentrate on shifting your weight to move the scapula.**
- Am I performing protraction/retraction and upward/downward rotation slowly?
 - **If not, slow down your pace.**
- Did I start upward and downward rotation after protraction or retraction?

- Is the patient's thumb in abduction during upward and downward rotation?
- Am I still supporting the elbow joint with a flat hand during upward and downward rotation?
- Are you attending to proper body mechanics during upward and downward rotation?
 - **If not, use your legs as you raise and lower your patient's arm.**
- Did I bring the patient's arm through their full range?
 - **If not increase your patients range and aim to bring their arm past their knee during downward rotation.**