



Supine on Foam Roll Scapular Depression To Elevation

Purpose:

Improve scapular stabilization.

Benefit:

Improves proper shoulder blade control throughout the golf swing.

Instructions:

Lie on foam roller, knees and elbows bend, start with your elbow pressing down toward the bottom of the foam roller then slowly bring elbows and arms up to top of foam roller until they are overhead, then reverse the process until the elbow are pressing down to bottom of foam roll. You will feel your shoulder blades rising up and gliding down throughout exercise.

Quantity:

Reps _____ sets _____

