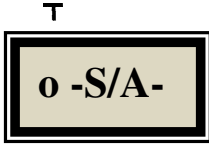


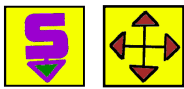
-Subscapularis-

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Steps



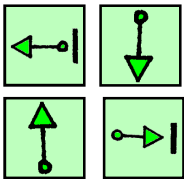
☞ Position> The client is in the side arm position. The therapist stands, sits or kneels facing the client with the arm draped over the therapist's' upper shoulder. The therapist's upper hand reaches around the greater angle of the client's scapula and pivots the scapula anteriorly to expose the subscapularis. Place the thumb of the lower hand onto the anterior surface of the scapula as far inferior as possible near the inferior angle. The therapist's elbow must remain low to insure that the thumb pad is aimed up and placed deep into the subscapular fossa. *Now, manually adduct the scapula to its original position and leave the thumb in place before commencing treatment.*



1) Without moving the pad of the pre-positioned thumb, apply **static pressure** by pulling the scapula anteriorly over and against the thumb. Then apply **multi-directional friction** by moving the scapula over the stabilized thumb. *Repeat each sequence 2-3 times.* Continue these intervals of abducting the scapula, re-positioning the thumb toward the superior angle, adducting the scapula, over and onto the stabilized thumb pad, and applying static pressure and multi-directional friction with the scapular musculature against the thumb pad.



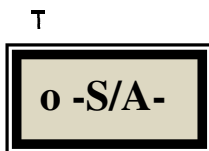
- This treats the belly of the subscapularis.
- Pressure should be exerted posteriorly against the anterior surface of the scapula. Any pressure exerted anteriorly into the armpit may cause an intrusion into the brachial plexus. If the person experiences an electric like shock, the therapist should release and reposition the hand before continuing treatment.



2) Apply **multi-directional glides** by moving the scapula over the stabilized thumb. This time use lubrication and soothe the superficial tissues of subscapularis.


- This clears unreleased trigger points, soothes remaining tension and guarding in the muscle. This can greatly reduce potential residual soreness in the muscle.

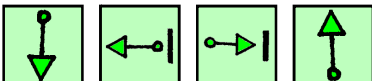
Summary



☞ Position> The client is in the side arm position with the arm draped over the therapist's' upper shoulder.

1)  belly of the subscapularis

-  avoid the brachial plexus

2)  belly of the subscapularis