



Figure 2. Stretching (A, B, and C) and strengthening (D, E, F, and G) exercises applied in 14 workers with SIS: A) upper trapezius stretch; B) posterior shoulder stretch; C) pectoralis minor stretch; D) lateral rotation strengthening exercise; E) scapular retraction strengthening exercise; F) serratus anterior strengthening exercise; G) abduction strengthening exercise. The dashed lines indicate the starting position of the exercise.

Pre-intervention	Intervention			Post-intervention
Evaluation 1	yellow band	red band	green band	Evaluation 2
outcome measures	Weeks 1 & 2	Weeks 3 & 4	Weeks 5-8	outcome measures

Figure 3. Progression of the intervention program.

scapulae together (Figure 2E); 3) for the serratus anterior muscle (Ludewig and Borstad, 2003), the exercise was performed in the sitting posi-

tion, with the trunk stabilized with the aid of a roll. The starting position was obtained with the shoulders in neutral rotation, arms by the side,