

PREVENTING SHOULDER INJURIES With 4 Simple Exercises

Maximum performance and injury prevention during athletic activities are highly reliant on proper joint mobility and stability. Having one of these two components without the other will lead to either inefficiency during athletic maneuvers or an increased potential for injury.

To properly address the balance between these two components, it is best to first work on restoring full mobility of a joint and then challenge this newly gained movement with stability work to help "lock in" these changes. This idea is of particular importance for the shoulder.

Unlike other joints such as the hip, the bony anatomy of the shoulder provides little stability. The muscles of the rotator cuff and those surrounding the shoulder blade are of extreme importance in a properly functioning shoulder.

StretchRite® provides multiple ways to prevent injury by maximizing both joint and tissue mobility that effects overall athletic performance. We have found great success in reducing pain and restoring full athletic function with diagnosis ranging from shoulder impingement, significant SLAP lesions, glenohumeral joint subluxations and rotator cuff strains using four simple StretchRite mobility exercises.

Addressing the mobility and stability needs of this joint before injury is crucial in all athletes.

Bracing yourself on the ground for balance, high velocity throws or hits, forceful opposition with the arms outstretched, heavy overhead lifting, and propulsion with repetition in swimming all require the need for mobility.

Zachary Long, DPT, PES

Mobility

Chest Stretch

Using a doorway, or any weight machine, anchor the middle of the StretchRite at the height of your head. Next, hold StretchRite handles and face away from the anchor point; allow your arms to open like an eagle coming in for a landing. Do not be too aggressive as you have a neural system that does not like to be stretched like a muscle and may cause some pain or numbness in your hands.

Sprinter

Continue facing away from the anchor and holding the handles while your arms are resting at your sides. Slowly walk away from the anchor point and when you begin to feel a stretch in the anterior shoulder and biceps take one step forward, open your chest and lean for the tape like a sprinter.

Overhead Mobility

Improve overhead mobility by bringing both arms up vertically so that the upper arm is in line with the ears and the elbow is bent to 90 degrees. Lean into the stretch to pull the upper arms further overhead.

Lat Stretch

Stretch the lat muscle to improve overhead motion by holding the handles of a StretchRite strap and leaning forward with a straight arm. This will bring your arm overhead and in line with your ears. Slowly twist your body away from the arm being stretched until a stretch is felt along the lats.

Addressing stability is important in getting the most benefit from the added joint mobility.

Stability

Once you've established a full range of mobility and excellent exercise for challenging the stabilizers of both the rotator cuff and the shoulder blade musculature is the **Face Pull Y Press**.



Visit www.Medi-Dyne.com/resources for instructions for the Face Pull Y Press and other StretchRite exercises.

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