

Shoulder screening mobility

Screening; posture, breath, and joint position

Neck problems will refer into shoulder

Neck screen (looking for asymmetries)

1. Teeth together, chin to chest and look to ceiling
2. Chin to shoulder
3. Shoulder mobility screen
4. Impingement screen
5. Horizontal adduction

Grip

1. finger squeeze
2. Gripper
3. Grip dynamometer

*More neurons in hand than in arm, homunculus; neuron cell bodies are large

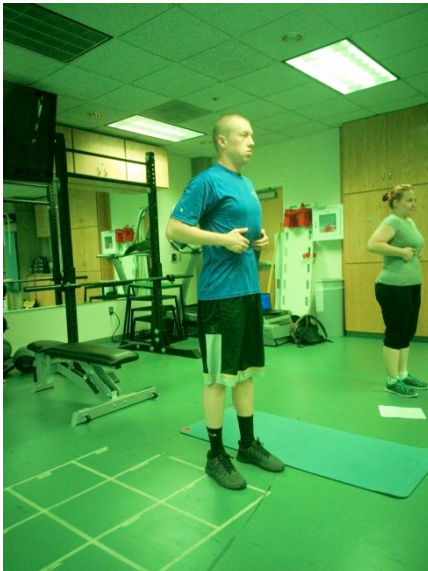
*3 hard reps then rest long time, neutral position of wrist

*Engage the gripper as a pre-set to standing pull (chest press), push (shoulder press)

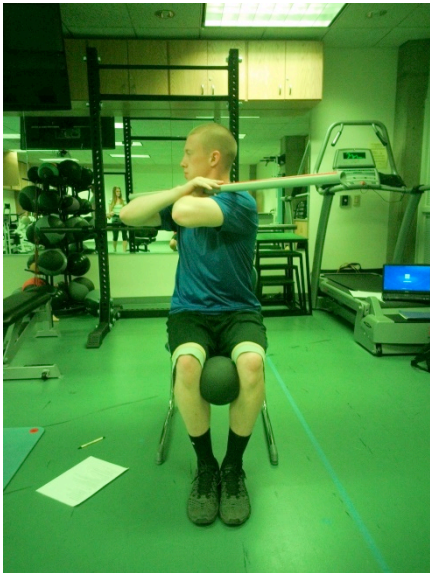
-Demonstrates the necessity of strong hands

Breathe analysis\thoracic spine mobility

1. Fingertips under ribs, breath into hands (diaphragmatic breathing)



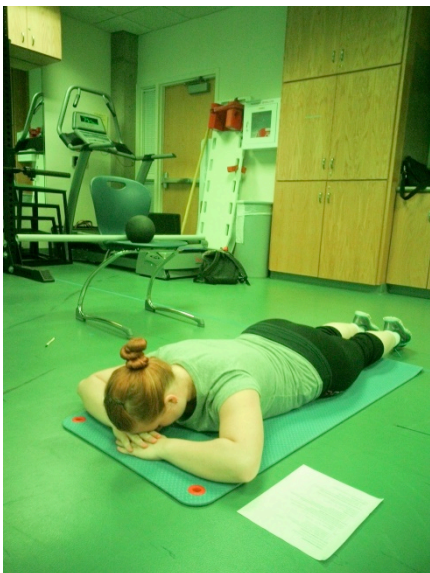
2. Thoracic spine screen (seated rotation 45 degrees) ball between knees, feet together



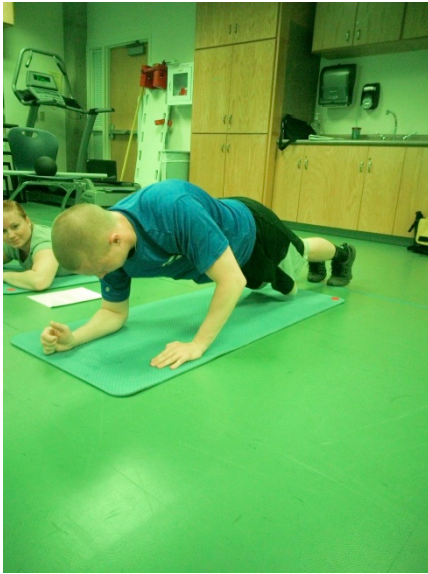
3. Cobra-if low back is tight, could affect thoracic spine



4. Crocodile breath 5 minutes

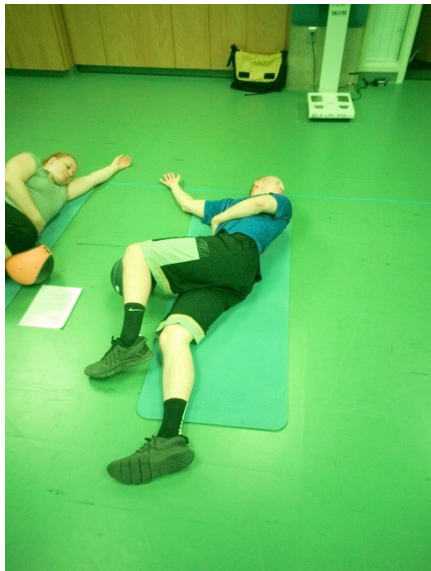


5. Pushup plank to press up



T spine mobility

1. Rib pull



2. Push and pull



3. Arm sweep- knee on ball, crush the ball



4. Straight leg lower with retraction, move away from open hand

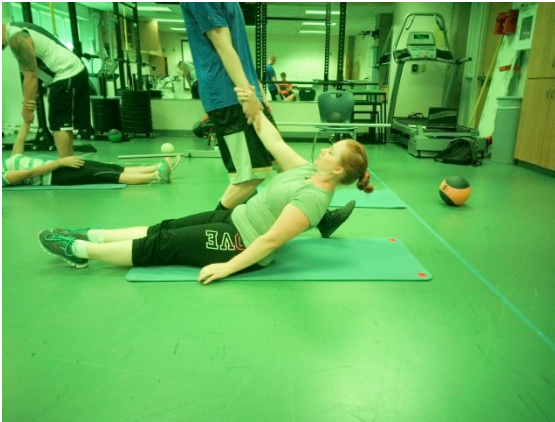


Packing the shoulder (stability) horizontal, no elevation of traps

1. Hard -Q client to crush grip engage core, sniff, brace then pick them up



2. Medium- jackknife crunch

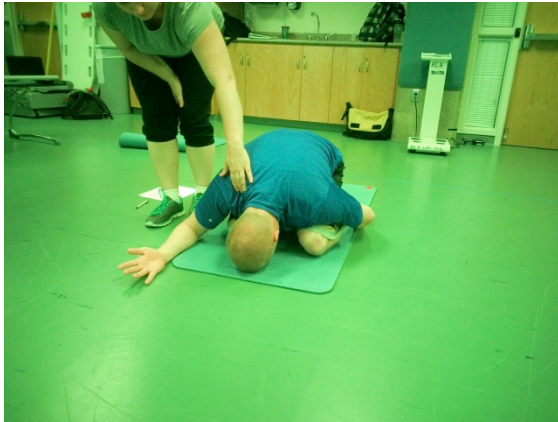


3. Easy- rollover, Reach roll and lift



Supported child's pose

Reach: roll palm (retraction and packing the shoulder)



Level 1 exercises

Arm bar exercises:

Kettle bell used due to off centering weight

Rolled on left side, right knee bent

Spotters hand on kettle bell

Slide right hip to floor



Half get up

Wrist is neutral, strong grip

Shoulder is packed, no upper trap elevation

Lay on back, right leg bent, left arm at 45 degrees,

Initiate movement with right heel, left elbow

Roll down controlled

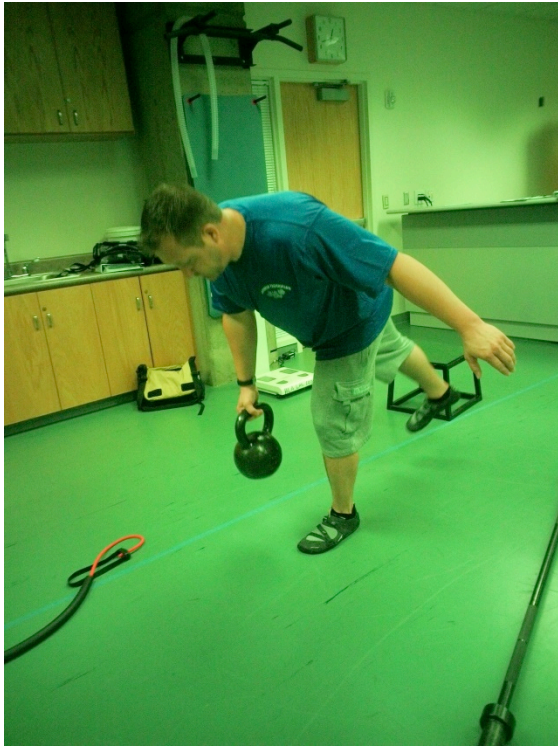


Level 2 introduction: max strength happens in 1-5 reps

1. Deadlift: single arm grip, crush the handle, stick is on back, weight on small plyo box



2. Single leg deadlift: left leg, right arm, contract right glute, hip hinge



3. Kettle bell swing:
 - Bell stays at same height of knees
 - Towel: use towel to help lock shoulders back
4. Pushup row:
 - Variations:
 1. Screw your hands, weight outside of hands
 2. Slap opposite shoulder
 3. Pushup with clap
 4. Row is used after 1-3 is mastered, elevate hand on plyo box, wide stance

Level 3

1. Military press from tall kneeling: 1arm kettle bell
2. Military press from standing: 1arm kettle bell

####think about pulling the weight back down (active negative) use lats that protect front of shoulder, you are now loaded for next rep

####block the elbow, hold tension, complete rep

3. Turkish getup
4. Pull up: Set the shoulder first

Created by Chad Harbaugh

Reference: Secrets of the shoulder, Gray Cook and Brett Jones