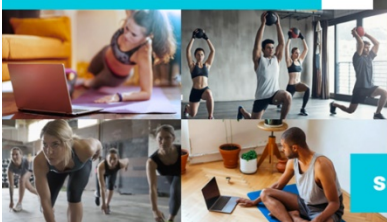


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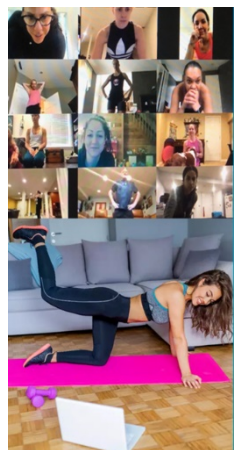
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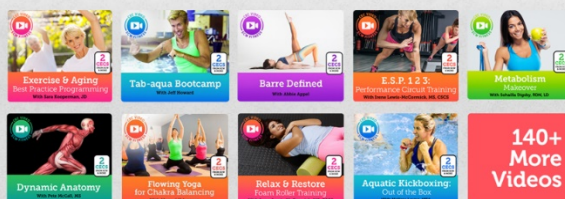
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OBJECTIVES

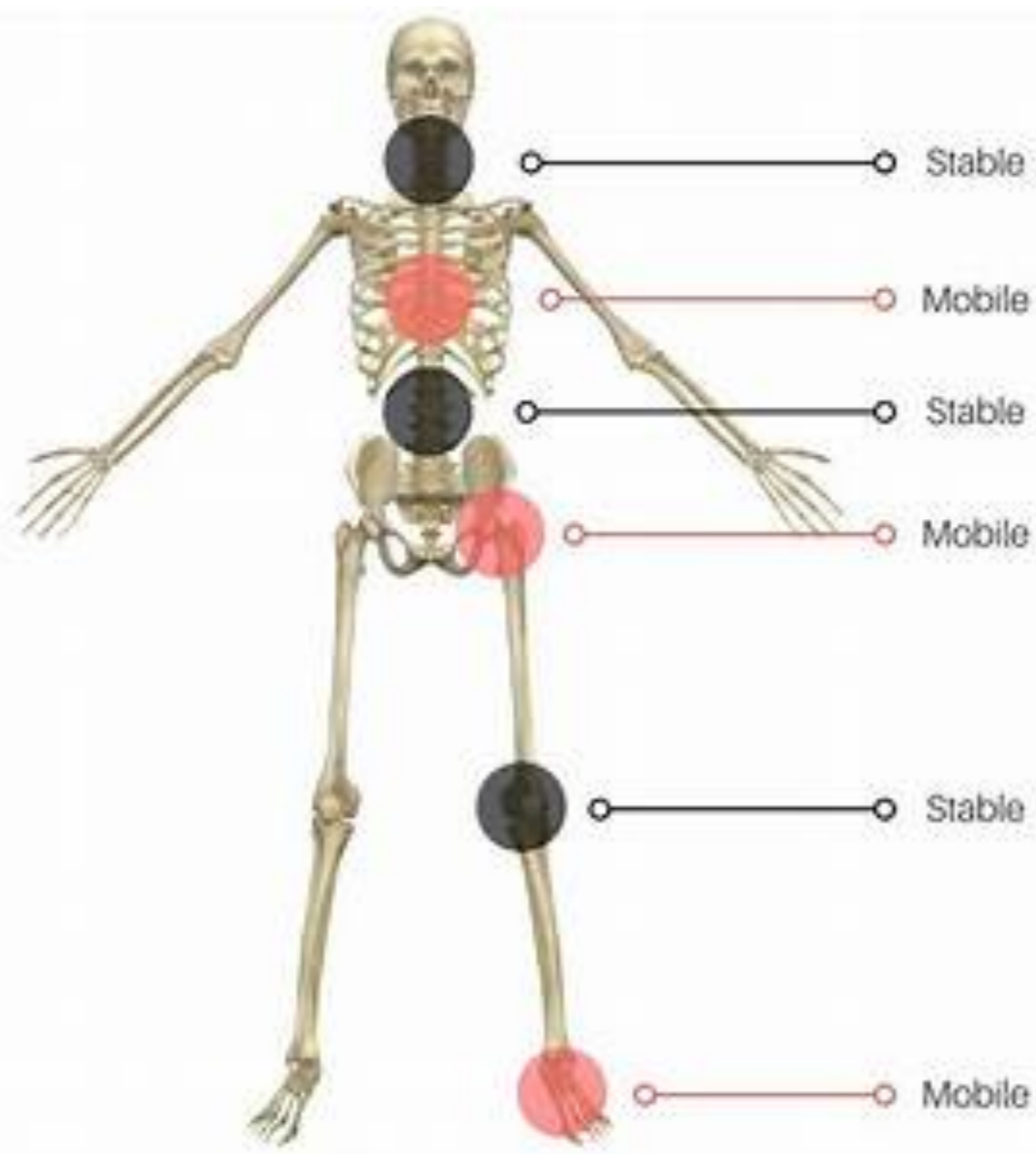
- Look at the prevalence of the shoulder pain and injury.
- Describe the altered biomechanics that leads to dysfunction of the glenohumeral joint.
- Introduce strategies and preventative techniques that keep the shoulder region and surrounding areas healthy and happy to combat the rigours of life.



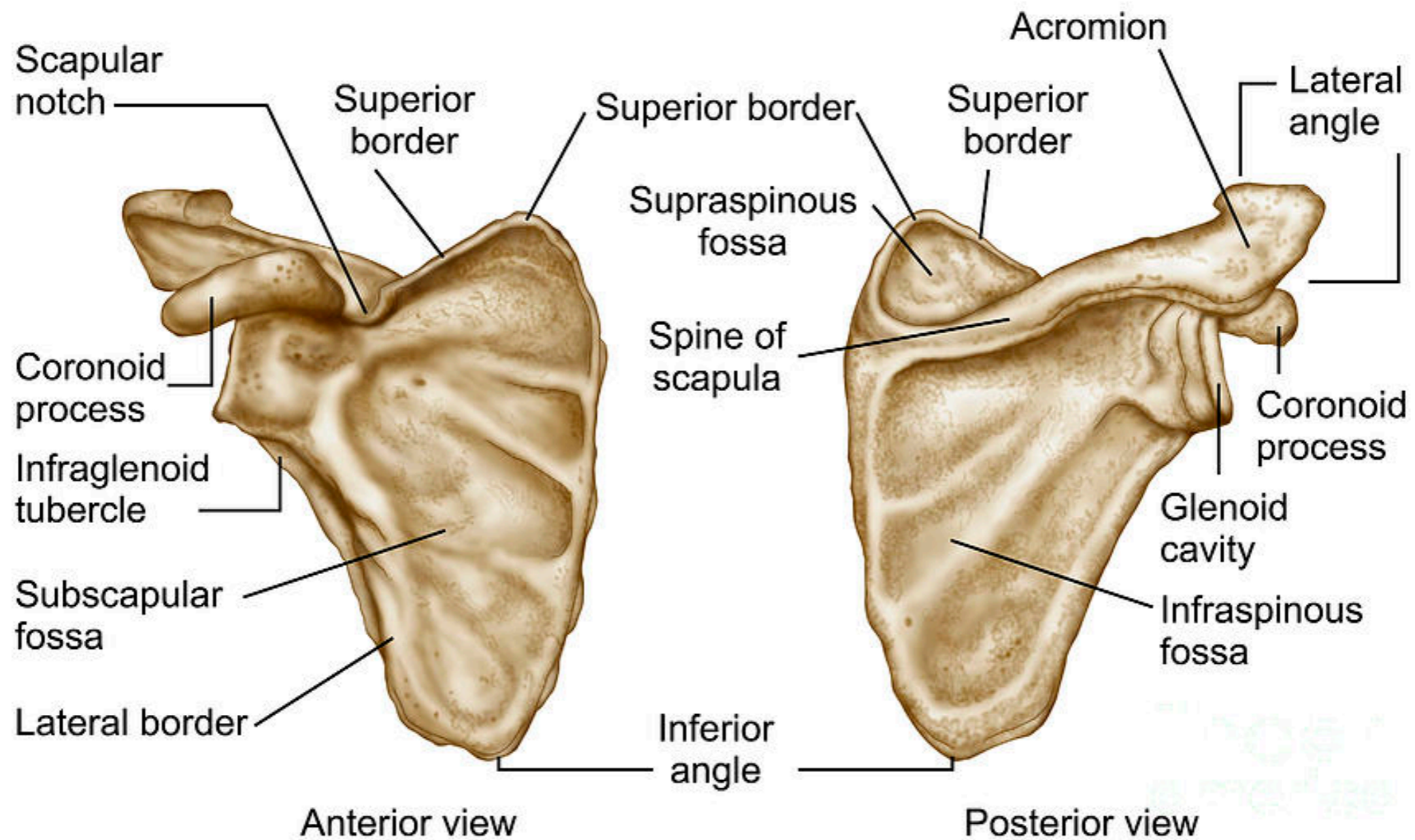
Facts and Figures

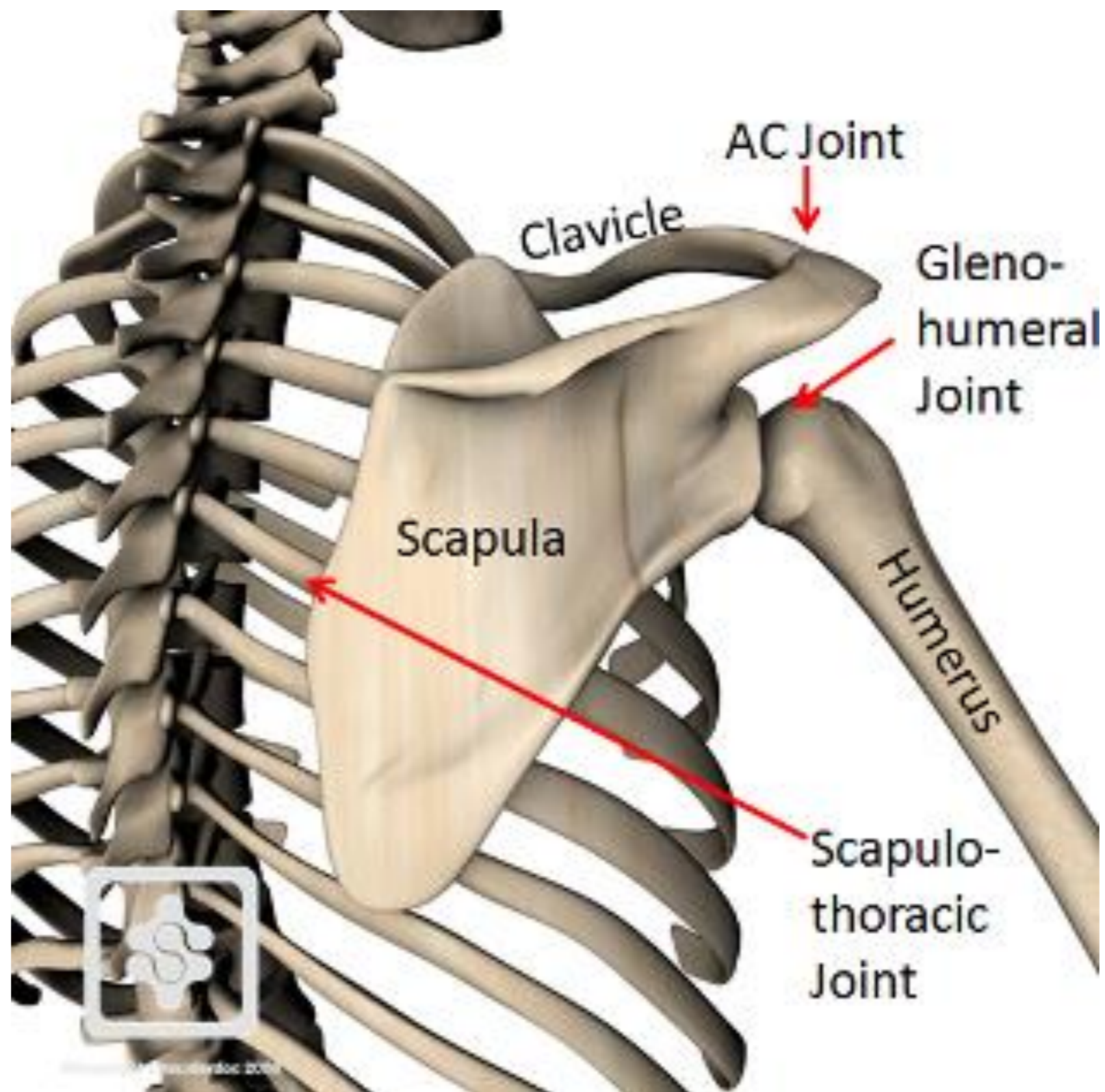
- The glenohumeral joint is the most mobile joint in the body
 - 4 joints make up the shoulder joint
 - (glenohumeral, acromioclavicular, sternoclavicular, scapulothoracic)
- The most common orthopedic surgeries are: knee arthroscopy and meniscectomy
Shoulder arthroscopy and decompression, carpal tunnel release, ACL reconstruction, knee replacement, hip replacement
- 3 main types of shoulder injuries: SLAP tear, instability, rotator cuff tear
 - Self reported prevalence of shoulder pain is estimated 16%-26%
- The third most common cause of musculoskeletal consultation in primary care






SCAPULA – WHY IS IT SO IMPORTANT?!





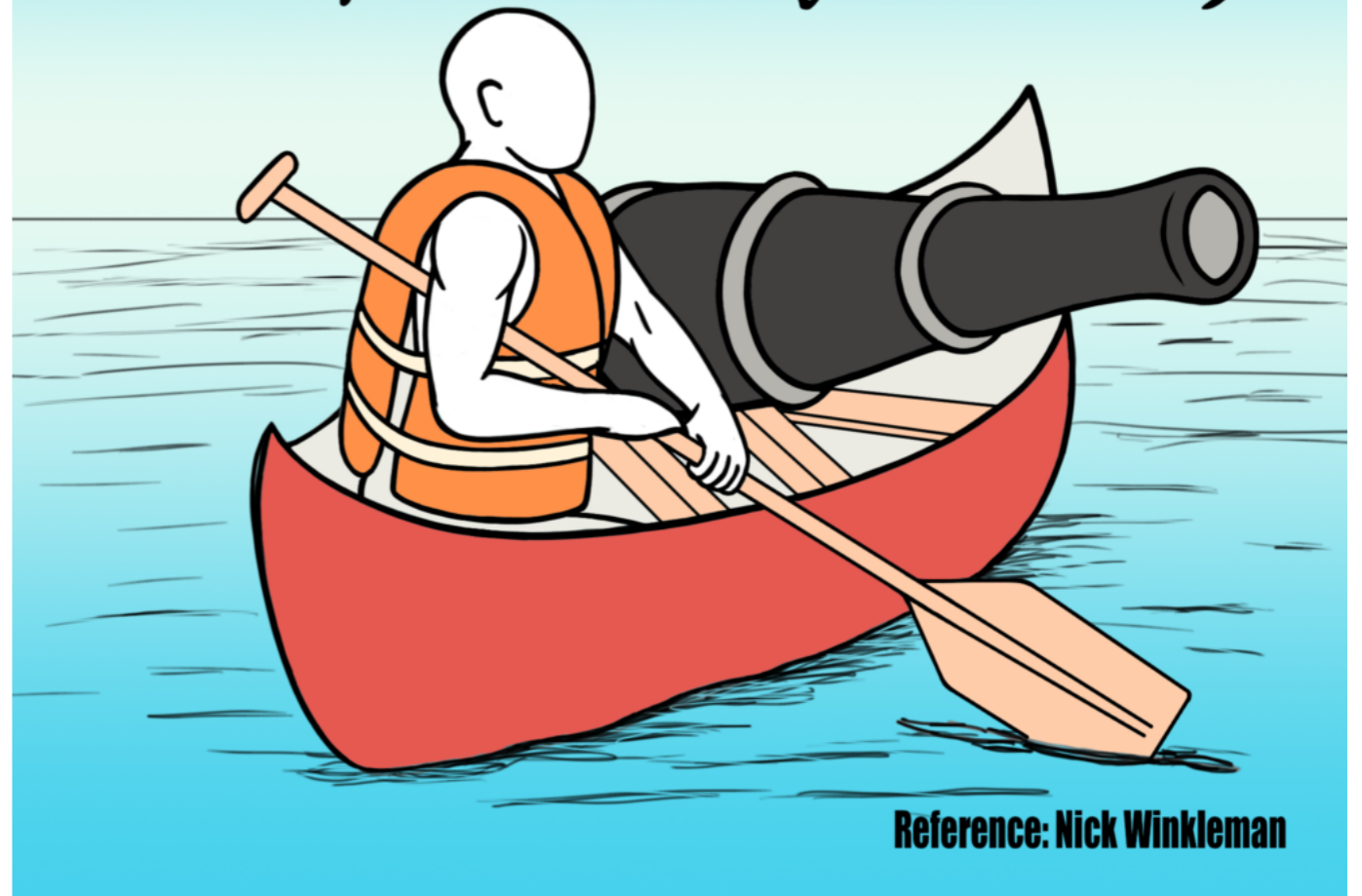
A scenic photograph of a mountain valley, likely Yosemite, with a quote overlay. The quote is in white text on a dark rectangular background.

You can't fire a
cannon, from a canoe!

Charles Poliquin

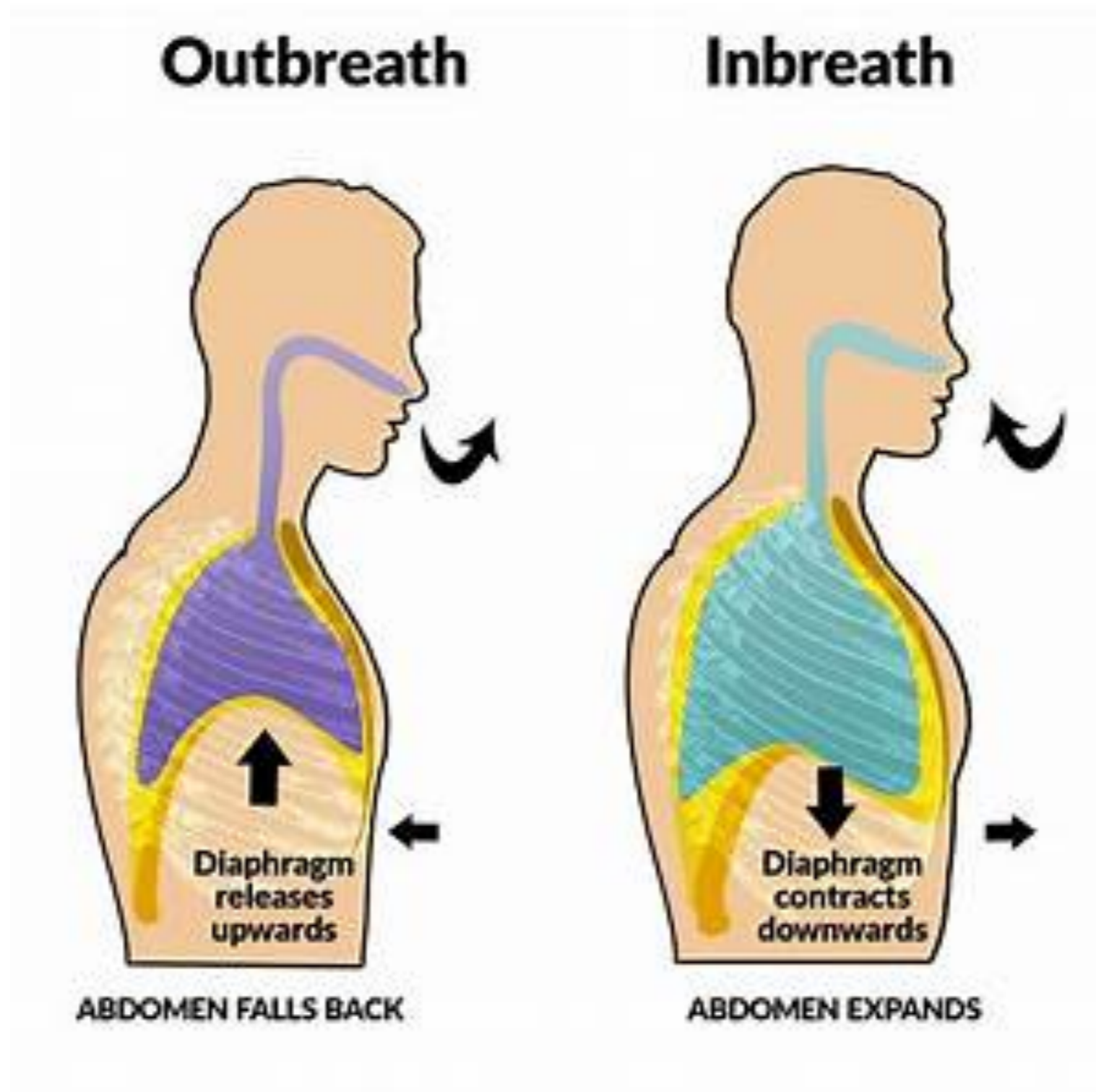
quotefancy

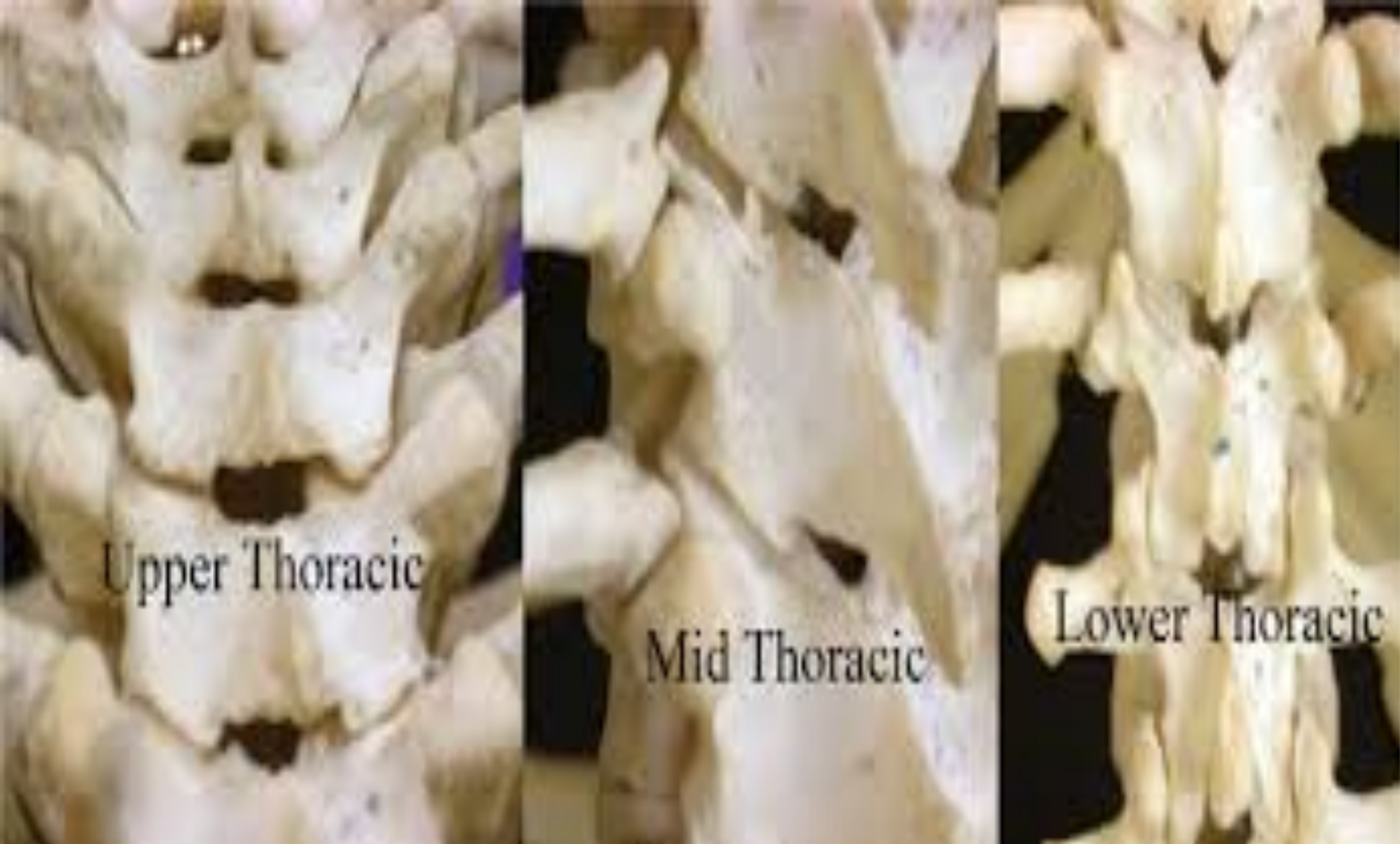
The Importance of Stability



Reference: Nick Winkleman

YES – BREATHING MATTERS TO YOUR SHOULDERS





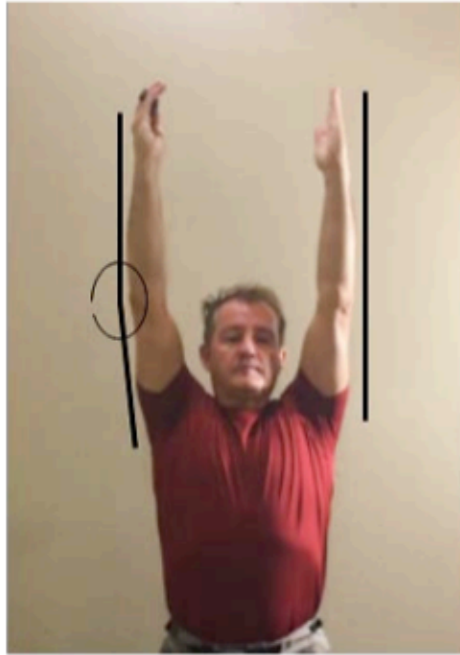
Stagnation, sitting, lack of movement = Facets (L4/L5) become degenerative

Bones vertical = sagittal

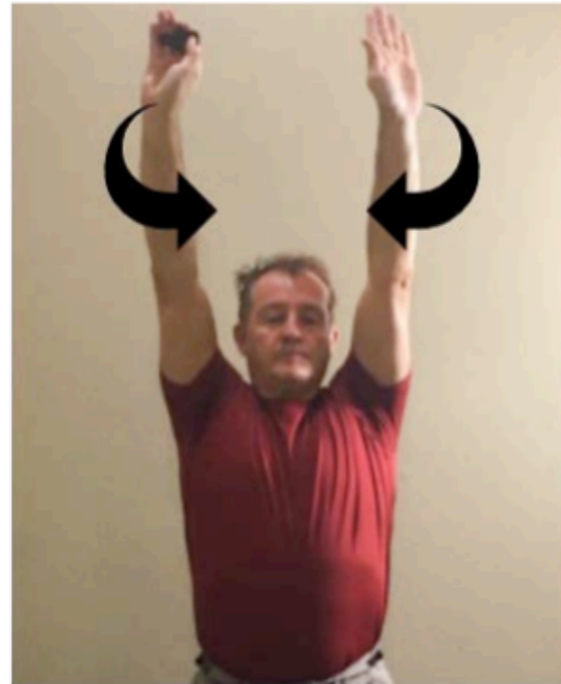
Bones horizontal = transverse

Facet Joints

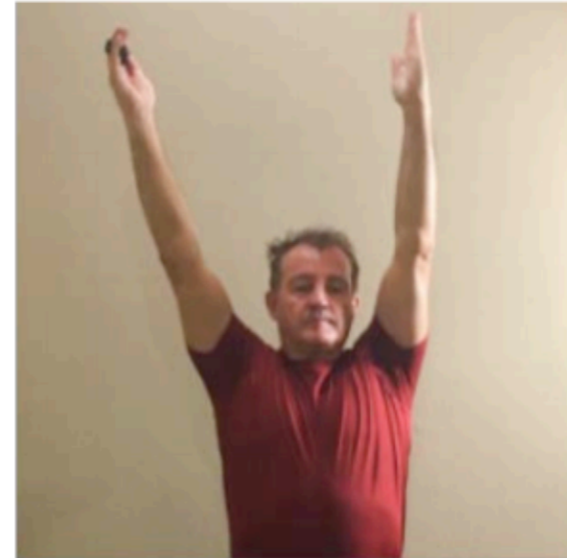
First We Need To Look Here



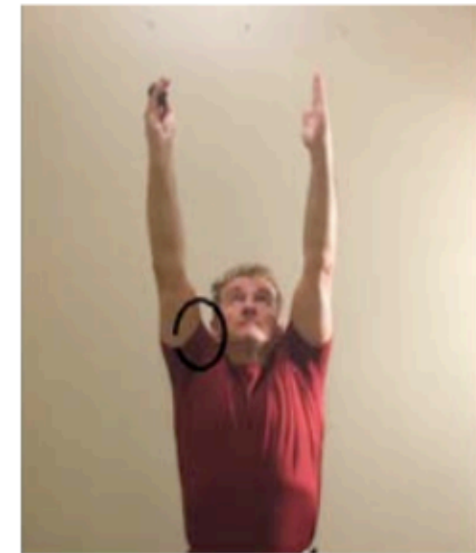
Minor asymmetry at elbows
(note right elbow bend)



Rotation of the arms

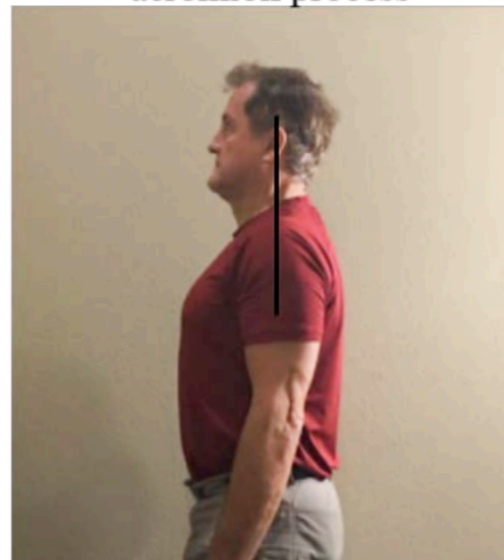


Arm asymmetry at shoulders

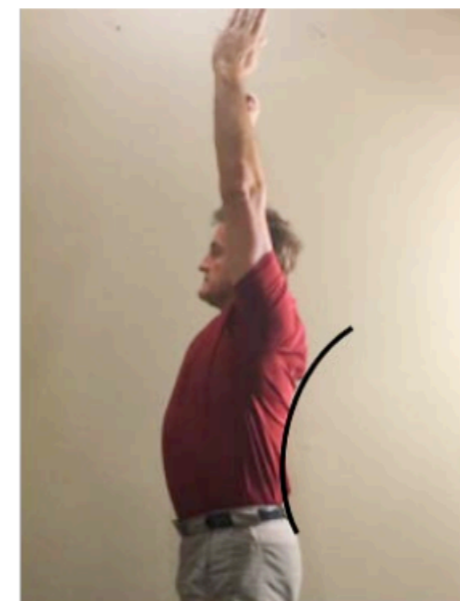


Excessive shrugging in
overhead position

Ear lobe aligned over
acromion process



Packed scapulae
(depressed and retracted)



Increased lumbar lordosis

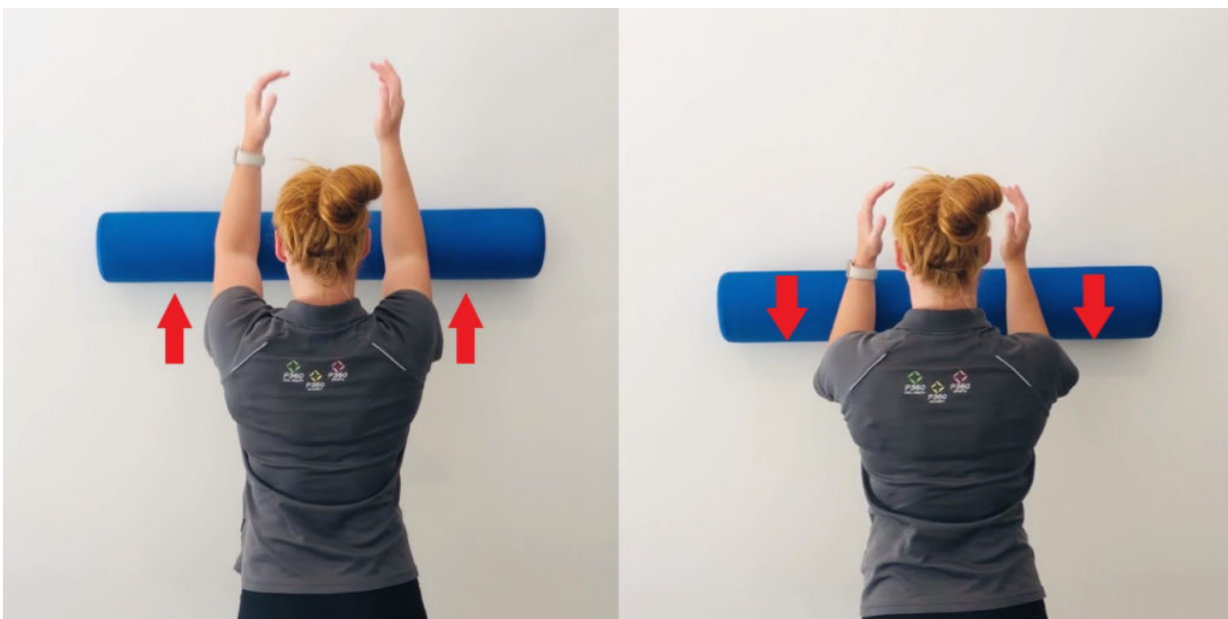


Here's How Everyone
Screws Up Rows

The Golden Rule For Shoulder Training Is...



WHY ARE THESE SOME OF THE BEST???





Mobility Drills

Increasing space in the body

Thoracic Spine



Type 1 Motion (Side Bending and Rotation in opposing directions)



Type 2 Motion (Side Bending and Rotation occurring together)



WARDING PATTERNS:

Create isometric contractions in one area of the body for stability, while facilitating movement in other areas.

WARDING (v) - to guard, protect. To fend off or create space



Protect, move, and be stable - having enough coordination throughout

WARDING (v) - to guard, protect.
To fend off or create space



Benefits

- Sequencing (Fire correct muscles)
- Rhythm and Timing (Muscles Turn on and OFF at appropriate time)
- Activation and Circulation

Mobility Drills

Increasing space in the body



Rub And Scrub Clavicle and Sternum – before we “move” (Ian O’Dwyer)

Thank you!

@GiovanniRoselli

Gio@InstituteOfMotion.com