

Brief samples from:
The Comprehensive Approach to Shoulder Training and Injury
Resistance

Introduction

This manual will guide you in training your shoulders from the perspective of one who has had shoulder surgery and recovered stronger than ever from it. There are elements of anatomy and physiology included as it is my belief that in order to prevent an injury or rehabilitate from one an astute trainee will want to know how it all works. Knowledge is power in both the mental and physical meanings of the word.

Shoulder pain does not have to be the inevitable consequence of exercise, overuse, or old age. Applying a small dose of common sense will go a long way toward the proper care of the shoulder joint. This recommendation needs to be kept in mind for maintaining an injury and pain free shoulder complex. (Continued)

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Shoulder stabilization

Stabilization of the entire shoulder girdle is an essential ingredient to the injury prevention and protection program. The process begins with the stabilization of the scapula in order to provide a firm base from which the shoulder movement originates, and follows through with the strengthening and stabilization of the rotator cuff muscles which in turn provides the humerus with a smooth and synchronous glenohumeral motion. Each portion of the process requires attention in the training protocol.

(Continued)

Exercise myth "No Pain No Gain"

How many years have we heard this refrain? The reality is this: if you have pain, you have no gain as your body has broken down in some way or the

other. Pain is an alert sign that something is just not right. Pain limits strength production. That is a simple fact of life. But there are two types of pain to consider: pain of injury and pain of effort or fatigue. Distinguishing between the two is important. (Continued)

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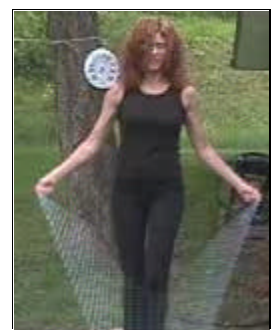
The warm-up

The first thing to do before beginning to exercise is to warm up! Move about, get the pulse rate up, get the body sweating, and make it ready for the upcoming workout. Your muscles and nervous system work much more efficiently when warmed up. The warm-up consists of two phases: general preparation phase and specific movement phase.



General preparation phase

The general warm-up raises your heart rate, pulse and respirations above normal state. It should make the body sweat a bit. This increases the blood flow to the joint and muscles, which in turn increases the delivery of oxygen and nutrients. All of this pre-exercise activity helps to prepare the



muscles, tendons, and joints for the strength session. This specific phase of the warm-up then moves into the early stages of the exercise movement patterns. (Continued)



Figure 1 Start

Figure 2 Middle

Figure 3 End

Lying internal rotators with dumbbells

Infraspinatus and Teres minor exercises

Cable external rotations

- ✚ Tubing external rotations
- ✚ Standing external cable rotations

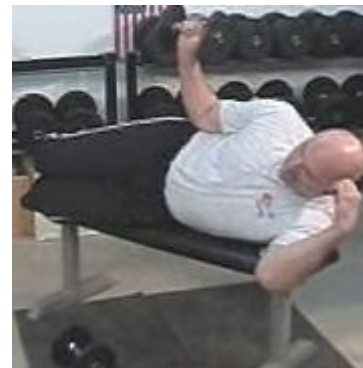


Figure 4 Start

Figure 5 Middle

Figure 6 End



Figure 7 Start



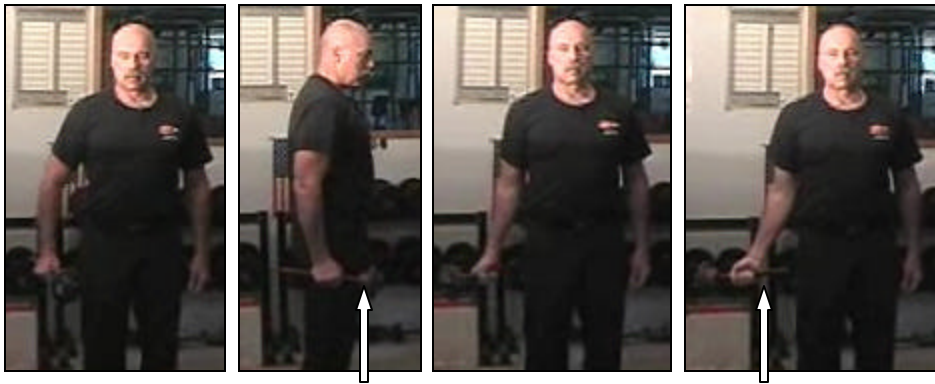
Figure 8 Middle



Figure 9 End

Lying prone dumbbell external rotations (Continued)

Shoulder girdle internal rotation means rotating the shoulder joint toward the middle of the body, i.e. medially. The off loaded dumbbell is moving from a neutral position into an internally rotated position.



Shoulder external rotation moves the joint away from the body's midline. Now the dumbbell is moving from the neutral to the external position. (Continued)

Flexibility and training success

Flexibility is considered one of the three legs of fitness; the other two being strength and cardiovascular. Cardiovascular exercise is not discussed in this strength manual. With flexibility exercises; if you are injured you normally will hop right on the stretching bandwagon or if you notice the little strain during a movement you start doing 'a few flexibility movements cuz you know its good for you'...But if you want to become stronger then flexibility has to be a part of your program. Notice I said flexibility and not range of motion.

Figures 113 through 121 show easy and effective moves to loosen up your hips, lower back and shoulders. (Continued)



Figure 10



Figure 11

