



## Corrective Exercise Seminar Series Shoulder

### I. How is the Shoulder intended to move?

Joints involved:

- Glenohumeral Joint
- Sternoclavicular Joint
- Scapulothoracic Joint
- Acromioclavicular Joint

Muscles Involved:

- Levator Scapulae
- Rhomboid Major + Minor
- Supraspinatus
- Infraspinatus
- Teres Major + Minor
- Trapezius

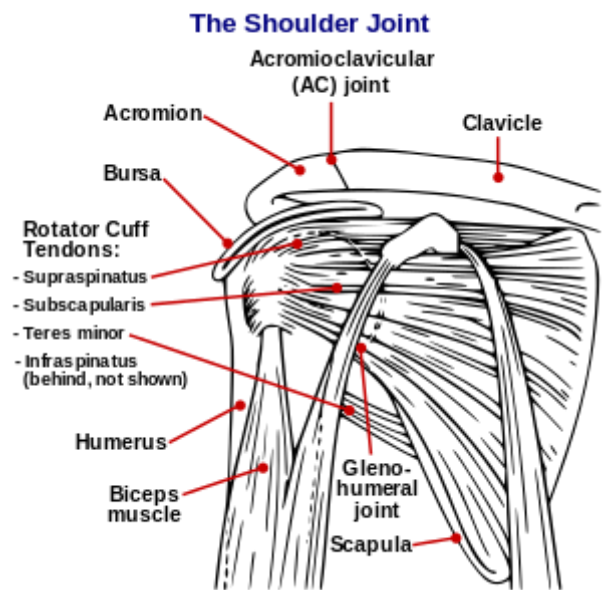


Image Ia.

The shoulder joint has the greatest range of motion in the human body. Image Ib on the right shows all movements at the shoulder joint.

- Flexion/Extension
- Adduction/Abduction
- Internal/External rotation
- Protraction/retraction

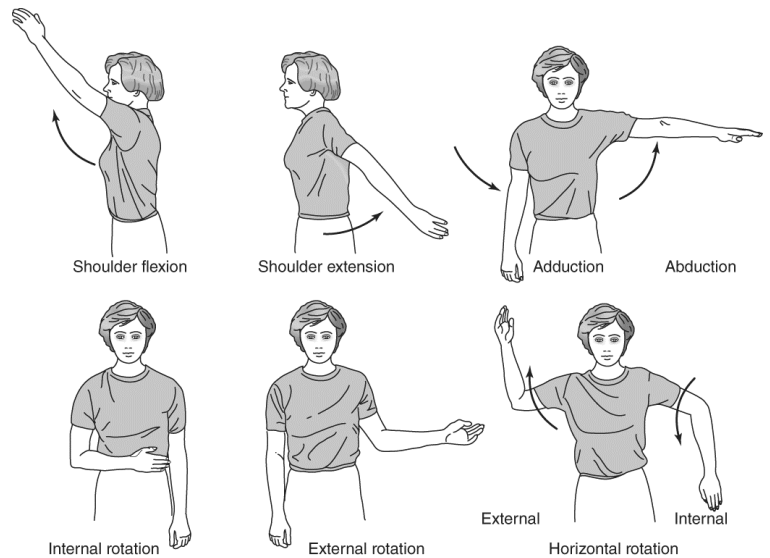


Image Ib.

## II. Why do we have pain?

Limitations in any of these primary movements can be caused by muscle restriction and impaired proper function.

Shoulder Impingement is another reason pain occurs at the shoulder.

Impingement occurs when you raise your arm to shoulder height, the space between the acromion and rotator cuff narrows (see image Ia). Excessive throwing, overhead activities, and swimming can all cause shoulder impingement pain. See image IIa for the shoulder impingement test. If you have pain, address with your health care provider.

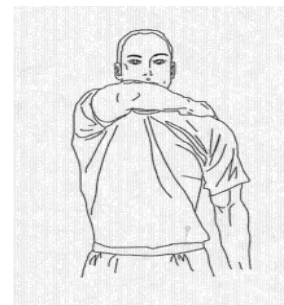


Image IIa.

- What are some exercises to avoid and some exercises to do more often?

If you experience shoulder pain some exercises to avoid are: Lat pulldowns, overhead press, upright rows, pectoral fly, close-grip cable row.

- Exercises to focus on with or without the presence of shoulder pain: Internal and external cable shoulder rotation, wall slides, neutral grip or supinated grip rows, lytw's.

### III. How do we improve discomfort?

We can improve discomfort by addressing the movement patterns that are inhibited and work to create motor patterns for proper movement. Scapular movement training, motor control learning, and corrective exercise will help alleviate pain as well as prevent injury.

### IV. Mobility to Stability

Mobility to stability is a process that is imperative for motor learning. We need to activate our muscles then learn how to integrate the proper movement into daily life. Doing both mobility and stability exercises is ying and yang for our musculoskeletal system. If we have excess of either mobility or stability we risk injury. Everyone is different, find out where your focus should be and make sure to do both types of movements. See the exercises below.

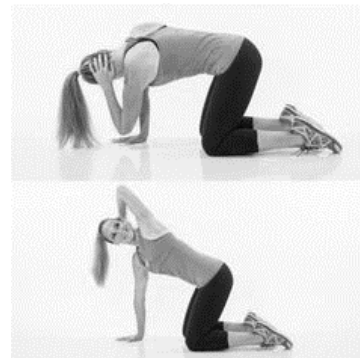
#### a. Mobility Exercises



Myofascial Release  
Wall Ball



Seated Wall Slide  
using bar

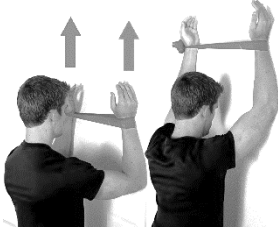


Reachbacks

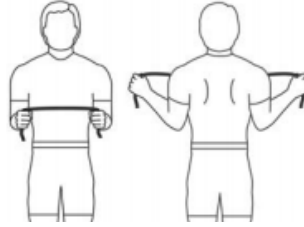
Active Scapulothoracic  
mobility



b. Stability Exercises

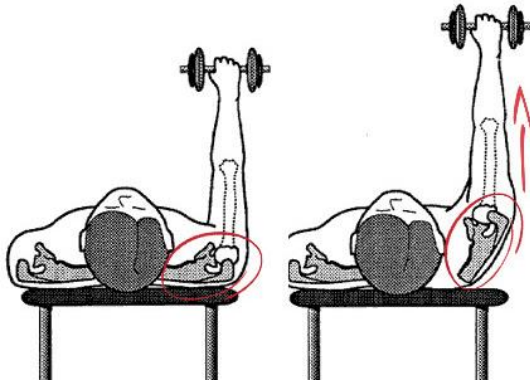


Band Wall Slides

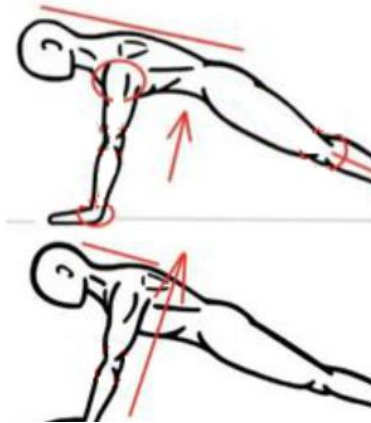


Multidirectional Band Retraction – Pull the band in a clock like formation

Clockwise & counter clockwise scapular stability training



Shoulder Supine Dumbbell Protraction



Push up with protraction