

SHOULDER PROTOCOL



*Shoulder*

HOME CARE REHAB

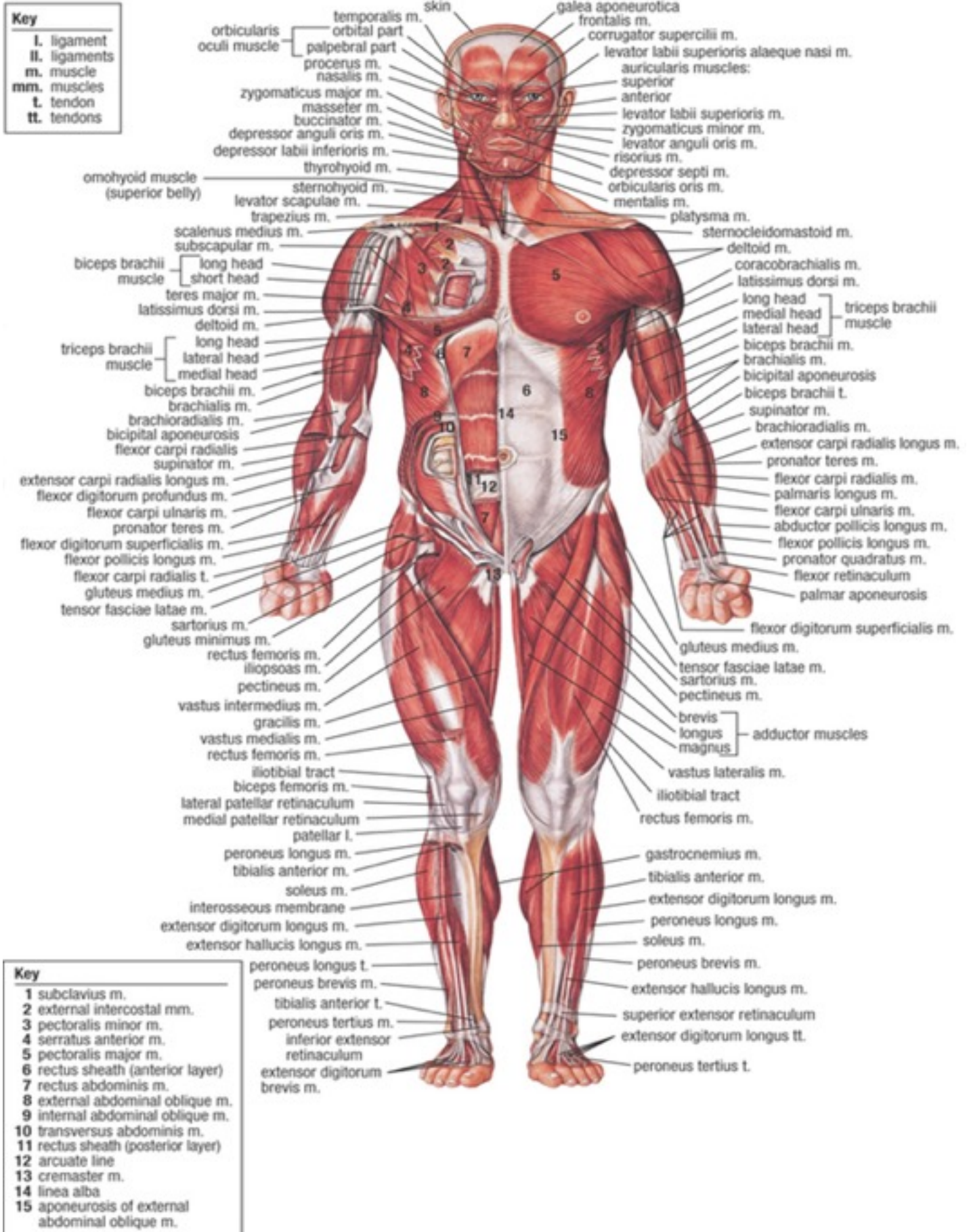
LEARN TO IMPROVE YOUR:

- OVERHEAD REACH
- ROUNDED SHOULDERS
- BEHIND BACK (OVER/UNDER) REACH
- ROTATOR CUFF CONDITIONING
- SHOULDER IMPINGEMENT

REDUCE PAIN &  
MAXIMISE MOVEMENT

Human anatomy reference:

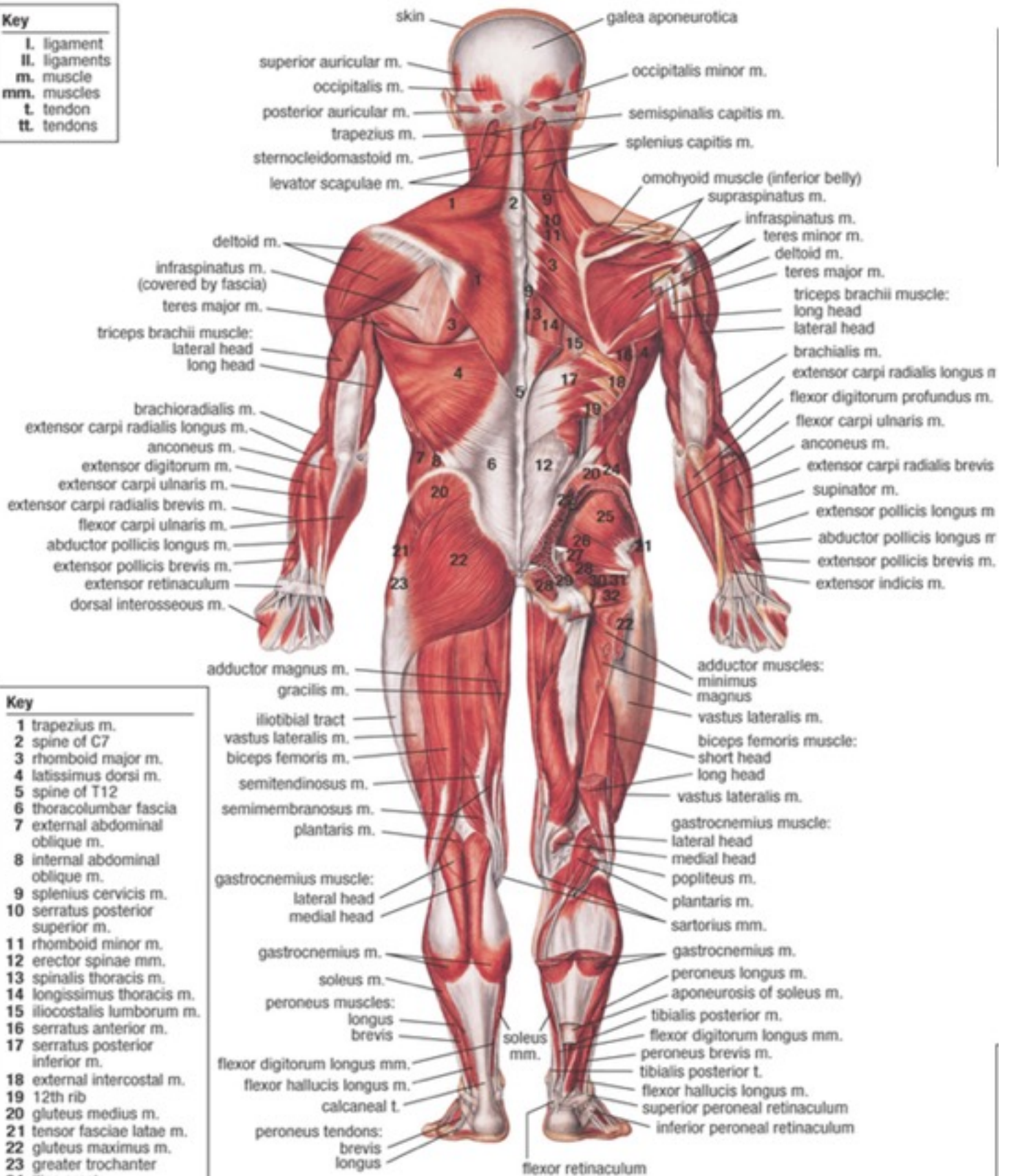
## MUSCULAR SYSTEM (ANTERIOR VIEW)





# MUSCULAR SYSTEM (POSTERIOR VIEW)

Key	
I.	ligament
II.	ligaments
m.	muscle
mm.	muscles
t.	tendon
tt.	tendons



Key	
1	trapezius m.
2	spine of C7
3	rhomboid major m.
4	latissimus dorsi m.
5	spine of T12
6	thoracolumbar fascia
7	external abdominal oblique m.
8	internal abdominal oblique m.
9	splenius cervicis m.
10	serratus posterior superior m.
11	rhomboid minor m.
12	erector spinae mm.
13	spinalis thoracis m.
14	longissimus thoracis m.
15	iliocostalis lumborum m.
16	serratus anterior m.
17	serratus posterior inferior m.
18	external intercostal m.
19	12th rib
20	gluteus medius m.
21	tensor fasciae latae m.
22	gluteus maximus m.
23	greater trochanter
24	iliac crest
25	gluteus minimus m.
26	piriformis m.
27	superior gemellus m.
28	obturator internus m.
29	sacrotuberous l.
30	inferior gemellus m.
31	obturator externus m.
32	quadratus femoris m.

## Overhead Position

For the general public, the restricted overhead position will occur due to the lack of activation. As they say, if you don't use it you lose it. For those that regularly train but fail to get this position, this is because of a combination of factors, especially if you are aiming for an overhead squat.

Exercise	Application	Duration	Notes
Mobilise	Foam roll Thoracic spine	2 minutes	
Myofascial release	Pectorals / Chest	2-4 minutes each side	
Myofascial release	Latisimus dorsi	2 minutes each side	
Myofascial release	Rotator Cuff	2 minutes each side	
Myofascial release	Diaphragm	Maintain pressure for 5 deep breaths x 3	If using a ball, relax and breathe for 2 minutes each side. (keep ball laterally of belly)
Myofascial release	Psoas / hip flexors	2 minutes each side	
Stretch	Pectorals / Chest	30 seconds each side x 4	Alternate between left and right sides until 2 minutes have been reached for both sides.
Stretch	Diaphragm / cobra stretch	30 seconds each side x 4	
Mobilise	Stick pass overs	10 reps x 3	Keep repeating, gradually moving hands closer together.
PNF stretching	Anterior / Posterior shoulder girdle	10 second stretch with 5 second activation	
Integration	Upright handstand	10 second holds x 3	Build up to 10-20 seconds.
Integration	Progressive Superman	Target each position for 3 seconds x 10	
Integration	Behind heck pull down	5 second holds x 5	towel or band

## Rounded Shoulders

Rounded shoulders are most commonly seen in those with desk based jobs with long hours as they hunch over a desk. This leads to a shortening of the anterior chest and shoulder muscles and a weak lengthened upper back muscles.

Exercise	Application	Duration	Notes
Mobilise	Foam roll Thoracic spine	2 minutes	
Myofascial release	Pectorals / Chest	2-4 minutes each side	
Myofascial release	Latisimus dorsi	2 minutes each side	
Myofascial release	Rotator Cuff	2 minutes each side	
Myofascial release	Diaphragm	Maintain pressure for 5 deep breaths x 3	If using a ball, relax and breathe for 2 minutes each side. (keep ball laterally of belly)
Stretch	Pectorals / Chest	30 seconds each side x 4	Alternate between left and right sides until 2 minutes have been reached for both sides.
Stretch	Diaphragm / cobra stretch	30 seconds each side x 4	
Strengthen	Lower trapezius	3 second holds x 10	
Strengthen	Banded Pull to face	10 reps x 3	
Integration	Posterior oblique sling (Lats and gluts)	5 second holds x 5	If using the banded exercise do 10 reps for 3 sets each side.
Integration	Scorpion	10 reps each side	Hold the stretch position for 3 seconds

## Under Over shoulder reach

This is a good test for general flexibility of the shoulder as it is a combination of two movements (reaching over the shoulder to the top of the scapula and reaching under the shoulder to reach the bottom of the scapula) and will ultimately give a good indication of which muscles are inhibited and which ones are over working, highlighting which to prioritise. Achieving the behind the back reach with good form and scapula stability will be a great benefit to shoulder health.

### UNDER SHOULDER REACH:

Exercise	Application	Duration	Notes
Mobilise	Thoracic spine	2 minutes	
Myofascial release	Rotator Cuff	2 minutes each side	
Myofascial release	Pectorals / Chest	2-4 minutes each side	
Myofascial release	Latisimus dorsi	2 minutes each side	
Myofascial release	Upper trapezius	2 minutes each side	
Myofascial release	Anterior deltoid / Shoulder	2 minutes each side	
Stretch	Upper trapezius	30 seconds each side x 4	Alternate between left and right sides until 2 minutes have been reached for both sides.
Stretch	Pectorals / Chest	30 seconds each side x 4	Alternate between left and right sides until 2 minutes have been reached for both sides.
Stretch	Anterior deltoid / Shoulder	30 seconds x 4	
Mobilise	Pass overs	10 reps x 3	Keep repeating, gradually moving hands closer together.
Mobilise	Pendulum swing	30 seconds each side x 4	
PNF stretching	Anterior / Posterior shoulder girdle	10 second stretch with 5 second activation	
Integration	Banded pass overs	5 reps x 3	gradually build up to 10 reps x 3
Stretch	Over Under	30 seconds each side x 4	Do this for both Over and Under positions

## OVER SHOULDER REACH:

Exercise	Application	Duration	Notes
Mobilise	Thoracic spine	2 minutes	
Myofascial release	Rotator Cuff	2 minutes each side	
Myofascial release	Pectorals / Chest	2-4 minutes each side	
Myofascial release	Latisimus dorsi	2 minutes each side	
Myofascial release	Triceps	2 minutes each side	
Stretch	Latisimus dorsi	30 seconds each side x 4	Alternate between left and right sides until 2 minutes have been reached for both sides.
Mobilise	Pendulum swing	30 seconds each side x 4	
Mobilise	Pass overs	10 reps x 3	Keep repeating, gradually moving hands closer together.
PNF stretching	Anterior / Posterior shoulder girdle	10 second stretch with 5 second activation	
Integration	Banded middle trapezius / back	5 reps x 3	Gradually build up to 10 reps x 3
Strengthen	External rotator cuff	5 reps x 3	Gradually build up to 10 reps x 3
Stretch	Over Under	30 seconds each side x 4	Do this for both Over and Under positions each side

## Rotator Cuff conditioning

The rotator cuff is made up of 4 muscles (Supraspinatus, Infraspinatus, Teres minor, Subscapularis) and is often a culprit to shoulder injury through over use and lack of care. The rotator cuff conditioning routine is to do just that, condition the muscles so they become more durable. But that doesn't mean you shouldn't take care of them. This routine can be used as an additional warm up to prepare the rotator cuff for any shoulder/ upper body exercises you do.

Rotator cuff conditioning:

Exercise	Application	Duration	Notes
Strengthen	10's	10 reps each position	Build up to 3 sets
Integration	Banded row	6-8 reps x 3	Gradually build up to 12 reps x 3
Integration	Arm pull to face	6-8 reps x 3	Gradually build up to 12 reps x 3
Strengthen	Arm wrestler	6-8 reps x 3	Gradually build up to 12 reps x 3
Strengthen	Plank	5 seconds holds x 5	Build up to 30 second holds x 5
Myofascial release	Rotator Cuff	2 minutes each side	
Mobilise	Pendulum swing	30 seconds each side x 4	
Mobilise	Pass overs	10 reps x 3	Keep repeating, gradually moving hands closer together.



## Shoulder Impingement

Shoulder Impingement is mostly developmental due to over activity of the rotator cuff, especially in shoulder press or bench press exercises. If proper scapula (shoulder blade) stability isn't present then the smaller rotator cuff muscles, primarily suprapinatus, starts to inflame and along with the pectoral (chest) muscles pulling the shoulder forwards, this narrows the space under the Acromion process, resulting in impingement of the muscle and tendon.

Note: Always seek a professional for assessment and advice when dealing with pain.

### Shoulder Impingement:

Exercise	Application	Duration	Notes
Myofascial release	Pectorals / Chest muscles	2 - 5 minutes	Trigger point ball
Myofascial release	Anterior Deltoid / front shoulder muscle	2 - 5 minutes	Trigger point ball
Myofascial release	Upper Trapezius / Neck and shoulder muscle	2 - 5 minutes	Trigger point ball or stretch
Myofascial release	Latissimus dorsi / Back muscle	2 - 5 minutes	Trigger point ball or foam roller
Activate / Strengthen	Rhomboids / Upper back muscle	5 x 5 repetitions	Build up to 5 x 10 repetitions
Activate / Strengthen	Middle and lower trapezius / Upper back muscle	5 x 5 repetitions	Build up to 5 x 10 repetitions
Activate / Strengthen	Serratus anterior / Shoulder girdle muscle	5 x 5 repetitions	Build up to 5 x 10 repetitions
Activate / Strengthen	Overhead press / Bent over row / Lat pull down / Diagonal Chopping and lifting.	Skills practise! Practise these movements bearing in mind your mechanics and control throughout the movement with awareness of scapula movement and stability.	
Activate / Strengthen	Single arm lean into wall or single arm plank balance / Cross-Crawling / climbing	5 x 30 seconds	Practise skill and control whilst consciously keeping shoulder girdle engaged and flat/ neutral middle back