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Today's session…

- Essential list for the upper body
- Rehab 'starting point'
- Focussing on activation, function, strength and control
- Flexibility is paramount
- Emphasis on correction of scapulo-humeral rhythm and shoulder strengthening
- Apply principles to training
- 11 exercises, (2 videos, 9 practical - 3 x 3)

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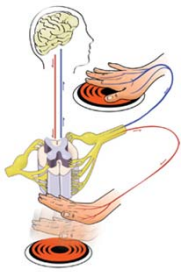
Common Problems in Rehab

- Exercising with pain or inflammation
- Exercising with tissue damage
- The "threat messaging system"
- Muscle inhibition
- Compensation patterning
- Muscle tightness and weakness
- Left vs right
- Using the wrong exercises
- Doing the right ones wrong!



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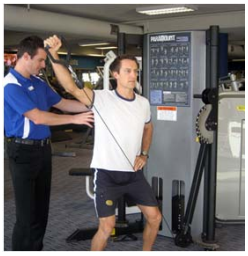
Problems in Upper Body Rehab

- CORE
  - Breathing and pelvic floor
- THORACIC SPINE
  - Tightness and kyphosis
- SCAPULA RHYTHM
  - Deactivation of stabilisers
- ROTATOR CUFF
  - Weakness and impingement
- TECHNIQUE
  - Poor awareness of push/pull



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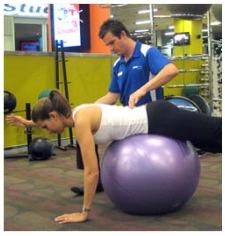
Maintaining Scapula Stability

- Scapula is meant to move
- Must be keep stable
- Teaching of stability is crucial
- Prevention of injury
- Learn how to stabilise
- Teach others correctly
- No stability = no success



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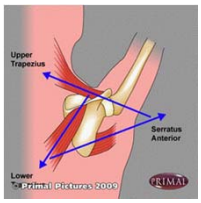
Maintaining Scapula Stability

- Winging, rotation and depression
- Scapular position in movement
- Impingement position
- Weak muscles, tight muscles
- Underactive / over active muscles
- Separation of the scapula and arm
- Eccentric control
- Push and pull movement basis



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Prone Scapular Press

Prone Scapular Press

- **Used for:** serratus anterior activation, winging, building strength in scapula neutral setting, protraction awareness and pressing control
  Watch for: thoracic kyphosis, head position, upper trap overactivity, lumbar spine neutral, ability to flatten
- **Cues:** push down through hands, ribs into shoulder blades, upper body to ceiling, don't hunch shoulders, scapula down and back, don't arch spine
- **Alternatives:** standing wall press
- **Progression:** single arm wall press, progress to arm and leg raise
- **Do instead of:** open chain serratus ball press
- **Cautions:** wrist tightness

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Single Arm Skydive

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Single Arm Skydive

- **Used for:** lower trapezius activation, building strength in scapula depression setting, retraction and depression awareness, pulling control
- **Watch for:** too much retraction / rhomboids, hand position, upper trap overactivity, lumbar spine neutral
- **Cues:** pull shoulder off floor, down and back to opposite hip, hold and rotate arm outwards and upwards
- **Alternatives:** do in sitting
- **Progression:** arm out at 90/90, single arm row
- **Do instead of:** supermans
- **Cautions:** neck pain, upper trap spasm

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4 Point Arm and Leg Raise

4 Point Arm and Leg Raise

- **Used for:** serratus anterior activation, winging, building strength in scapula neutral setting, rotator cuff isometric activation, protraction awareness and pressing control
- **Watch for:** thoracic kyphosis, head position, upper trap overactivity, lumbar spine neutral, ability to flatten, drop into retraction
- **Cues:** push down through hands, ribs into shoulder blades, upper body to ceiling, don't hunch shoulders, scapula down and back, don't arch spine, all weight one arm, push ground away from you
- **Alternatives:** arm only, standing against wall
- **Progression:** theraband, full press position
- **Cautions:** wrist tightness, shoulder pain

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Single Arm Row

Single Arm Row

- **Used for:** scapulo-humeral rhythm, lower trapezius strengthening, posterior rotator cuff, eccentric retraction control
- **Watch for:** too much elevation, bending of arm before movement of scapula, loss of eccentric holding on return
- **Cues:** pull shoulder down and back first with straight arm, pull through with arm, squeeze shoulder blade down and back, hold back on return of arm - "shoulder-blade arm, arm, shoulder-blade"
- **Alternatives:** cable, horizontal instead of decline
- **Progression:** increase band, cable weight
- **Do instead of:** single arm dumbbell rows
- **Cautions:** shoulder impingement

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Rotations

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Rotations

- **Used for:** isokinetic lateral and medial rotator cuff strengthening. Isometric supraspinatus control and strength, isometric scapular setting with dynamic shoulder movement
- **Watch for:** loss of scapula setting, arm position, over-compensation of rhomboids or pecs
- **Cues:** set scapular 'wide', rotate arm in socket, keep elbow stable, control return phase
- **Alternatives:** cable if no therabands
- **Progression: increase** exercise tubing, advanced rotations at 80 deg increase weight
- **Do instead of:** dumbbell rotations
- **Cautions:** Don't go to pain, impingement in advanced position, apprehension position (dislocations)

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BOSU Push Up

BOSU Push Up

- **Used for:** building protraction strength of serratus anterior in scapula dynamic setting, eccentric serratus control in closed chain position, protraction awareness and pressing control, rotator cuff isokinetic strength, bench pressing ability
- **Watch for:** head position, upper trap overactivity, lumbar spine neutral, ability to flatten, drop into retraction, lack of protraction at top
- **Cues:** set like prone scapula press, slowly let shoulder blades come together, push ground away from you, body to ceiling, shoulders apart
- **Alternatives:** box push up, wall push up
- **Progression:** full press position, add in theraband
- **Cautions:** wrist tightness, shoulder pain

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Single Arm Press

Single Arm Press

- **Used for:** scapulo-humeral control in open chain, building protraction strength of serratus anterior in scapula dynamic setting, eccentric serratus control in open chain position, protraction awareness and pressing control, rotator cuff isokinetic strength, bench pressing ability
- **Watch for:** upper trap overactivity, dropping back into retraction, lack of protraction at press, arm and shoulder sync, horizontal hyper-extension of shoulder joint
- **Cues:** "arm, shoulder-blade, shoulder-blade arm"
- **Alternatives:** dumbbell on swiss ball
- **Progression**: increase weight, add in theraband
- **Cautions:** anterior / bicep shoulder pain

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Eccentric Single Arm Pull

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Eccentric Single Arm Pull

- **Used for:** closed chain eccentric strengthening and control, scapulo-humeral rhythm in a closed chain position, lower trapezius and rhomboid strengthening, posterior rotator cuff, eccentric retraction control, bicep tendon rehab
- **Watch for:** too much elevation, bending of arm before movement of scapula, loss of eccentric holding on return
- **Cues:** pull shoulder down and back first with straight arm, pull through with arm – pulling body up, squeeze shoulder blade down and back, hold back on return of arm, release shoulder
- **Alternatives:** hanging rings, fixed bar
- **Progression:** increase decline angle, single arm concentric
- **Do instead of:** chin up, single arm machine row
- **Cautions:** TRX difficulty on muscle system – lengthening rule

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TRX Push Up

www.physiofitness.com.au/TRX-push-up.htm

TRX Push Up

- **Used for:** building protraction strength of serratus anterior in scapula dynamic setting, eccentric serratus control in closed chain position, protraction awareness and pressing control, rotator cuff isokinetic strength, bench pressing ability
- **Watch for:** head position, upper trap overactivity, lumbar spine neutral, ability to flatten, drop into retraction, lack of protraction at top
- **Cues:** set like prone scapula press, slowly let shoulder blades come together, push ground away from you, body to ceiling, shoulders apart
- **Alternatives:** box push up, wall push up
- **Do instead of:** Bench press, dumbbell press
- **Progression:** full press position, add in theraband
- **Cautions:** TRX difficulty on muscle system – lengthening rule

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Abductions

Abductions

- **Used for:** rotator cuff strengthening, specific advanced supraspinatus strengthening, strengthening for shoulder press position
- **Watch for:** elevation of scapular too early / over activity of the upper traps
- **Cues:** stabilise shoulder blade and move arm in socket, slow on return
- **Progression:** increase weight, move to advanced diagonal lateral raise
- **Do instead of:** lateral dumbbell raise, front raise
- **Alternatives:** cable
- **Cautions:** rotator cuff tears, impingement

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Single Arm Front Press

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Single Arm Front Press

- **Used for:** pressing above head strength, rotator cuff strengthening, specific advanced supraspinatus strengthening, bicep tendon strengthening
- **Watch for:** elevation of scapular too early / over activity of the upper traps, position of arm
- **Cues:** stabilise shoulder blade and move arm in socket, slow on return
- **Progression:** increase weight, move to 45 deg position
- **Do instead of:** shoulder press (bar and dumbbell)
- **Alternatives:** cable, dumbbell
- **Cautions:** rotator cuff tears, impingement, global muscle dominance

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Do's and DONT'S

- Correct activation and scapular posture
- Stabilisation over power
- Think FUNCTION
- SLOWLY build scapular muscle and rotator cuff strength
- Watch loss of control
- Don't return to weights and sport too early
- Pain and injury – seek Physio treatment
- Continuation of the rehab exercises

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