

# PREHAB YOUR PRACTICE

Building Powerful Shoulders  
to elevate your asana and prevent injury

# PREHAB YOUR PRACTICE

Building Powerful Shoulders  
to elevate your asana and prevent injury

# WHY WORK OFF THE MAT

- + A little bit of shoulder work goes a long way to in terms of elevating your practice.
- + Ability to create balance between flexibility/mobility and strength.
- + Helps to prevent injury
- + Optimize stability and alignment
- + Decreases the effort of poses

# SHOULDER COMPLEX

- + Most degrees of freedom in the body
- + Capable of producing and withstanding tremendous force
- + Used in virtually every pose in some way
- + Whole system must work together to avoid overloading any one area



# SHOULDER COMPLEX

- + Shoulder Blade (Scapula)
- + Arm bone (Humerus)
- + Collarbone (Clavicle)\*
- + Trunk: Rib cage and spine

## Shoulder Complex

Today we're talking about the shoulder complex. We'll discuss several pieces of

# SHOULDER JOINT + GIRDLE

- + “Joint” is made up of muscle and ligaments.
- + 17 muscles connect the scapula alone, attaching blade to trunk and trunk to arm
- + Connections help to initiate and control all upper extremity movement.

# PRIME MOVERS

- + Deltoids
- + Pec Major and Minor
- + Biceps, Triceps

# POSTERIOR SHOULDER

- + Scapular stability comes from the back of the body.
- + Controls shoulder alignment
  - 1: In the plane of the body
  - 2: Keeps arm bone centered in socket

### Scapular Stabilizers

As you can see, the shoulder blade has no bony attachment to the ribs, and thus

# SCAPULAR CONTROL

- + Elevation/depression
- + Protraction/retraction
- + Upward rotation/Downward rotation

# SCAP COMPLEX WITH BAND

- + Goal: Improve your ability to keep shoulders down and back, create a stable platform.
- + Focused on retraction/depression
  - Mid traps, low traps, rhomboids.



# SCAPULAR COMPLEX

1: Pull-Aparts (T's)

2: W's

3: TB Abduction Y's (like a T with a small lift)

<https://youtu.be/4KVpTltHI7M>

Do 10-12 of each.



# ASANA APPLICATION

You can use specific poses as practice as well.  
Consider the arm position in the variations of:

- + Locust
- + Warrior 3

# SERRATUS ANTERIOR

- + Goal: Control protraction of shoulder blade, prevent winging of the scapula off the ribcage
- + Serratus is the “boxer’s muscle,” those fingerlike muscles on the side of the ribs.
- + Critical for arm balances, planking



# SERRATUS WORK

1: TB “Hugs” -- work this into the complex

2: Plank with a “Plus”

Do 10-12 of each.



# ASANA APPLICATION

You can use specific poses as practice as well.  
Consider the scapular position in the variations of:

- + Plank / Forearm plank
- + Dolphin
- + L stand

# ROTATOR CUFF

- + Goal: Hold arm bone down while elevating. Steer rotation in the socket.
- + The keystone of the system. Holds the arm within the shallow cup of the shoulder blade.
- + Prevents impingement, cuff tendon wear. Improves the power and function of all other musculature.



# EXTERNAL ROTATION

1: ER at 0 >> ER eccentrics

2: ER at 90 >> ER eccentrics

3: Bilateral ER

Do 10-12 of each



# ASANA APPLICATION

You can use specific poses as practice as well.  
Consider the external rotation in the variations of:

- + Downward facing Dog
- + Chair Pose
- + Pincha Mayurasana prep



# DON'T FORGET

Yoga is a practice, and we're all on different journeys. My yoga won't look like your yoga. My practice today won't look like my practice yesterday. It's not a competition with yourself, and it's definitely not a competition with anyone else.

Remember. It doesn't make you a better person because you can make a pretty shape.

# WANT MORE?

- + Lots of releases and exercises are available on our YouTube page, just search for REACT PHYSICAL THERAPY.
- + We've been giving lots of webinars, recordings and slides available at [bereact.com/events](http://bereact.com/events).
- + Free injury screen/consultations are always available in person and via Telehealth.

# react

PHYSICAL THERAPY

MELISSA LUETY, PT, DPT, SCS, Cert. DN

1520 N. Dayton, Chicago

312-380-1822

[mluety@bereact.com](mailto:mluety@bereact.com)