PREHABYOUR PRACTICE

Building Powerful Shoulders to elevate your asana and prevent injury



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WHY WORK OFF THE MAT

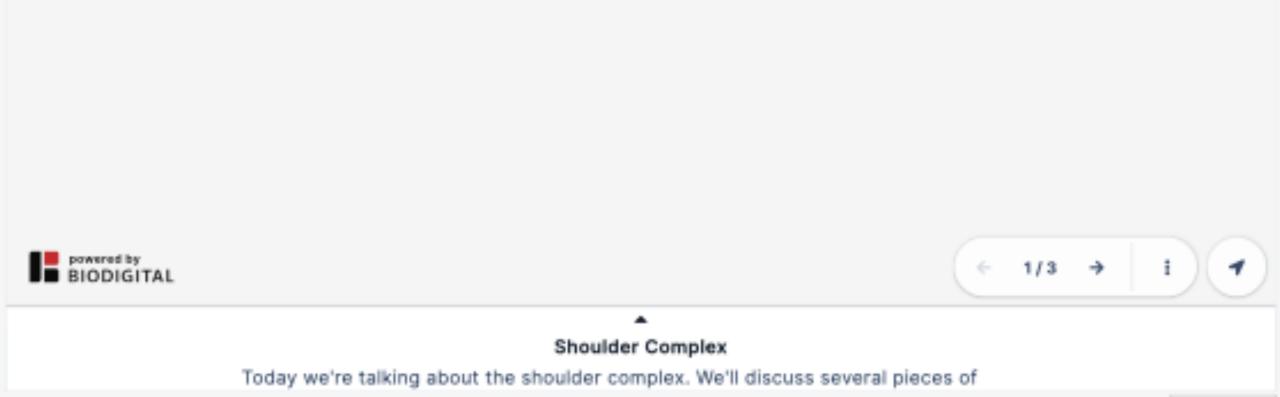
- + A little bit of shoulder work goes a long way to in terms of elevating your practice.
- + Ability to create balance between flexibility/mobility and strength.
- + Helps to prevent injury
- + Optimize stability and alignment
- + Decreases the effort of poses

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 JOINT + GIRDLE

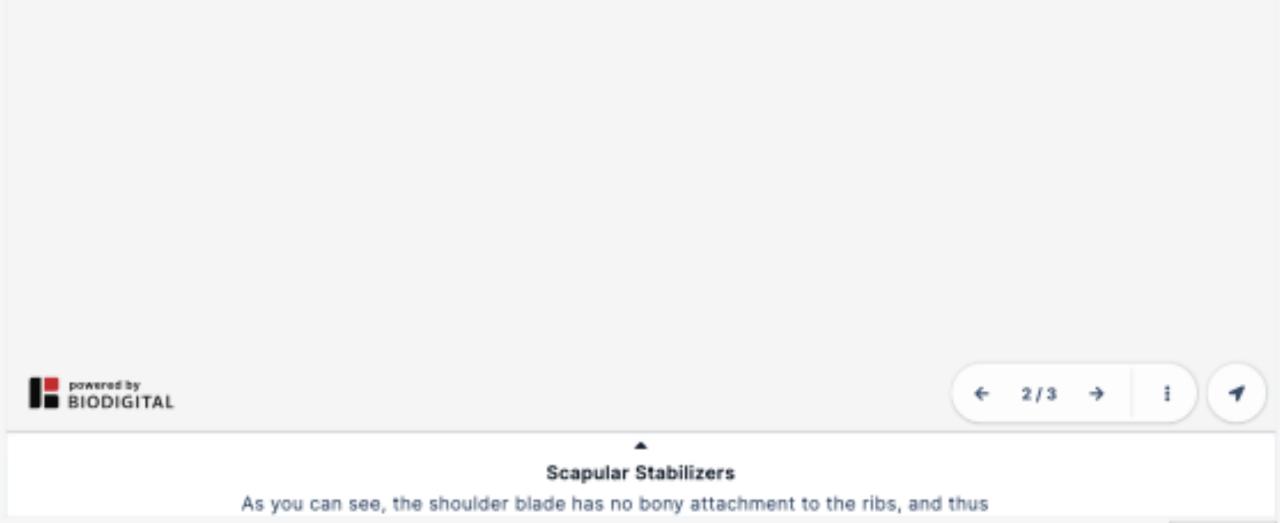
- + "Joint" is made up of muscle and ligaments.
- + 17 muscles connect the scapula alone, attaching blade to trunk and trunk to arm
- + Connections help to initiate and control all upper extremity movement.

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 CONTROL

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

SCAP COMPLEX WITH BAND

- + Goal: Improve your ablity 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

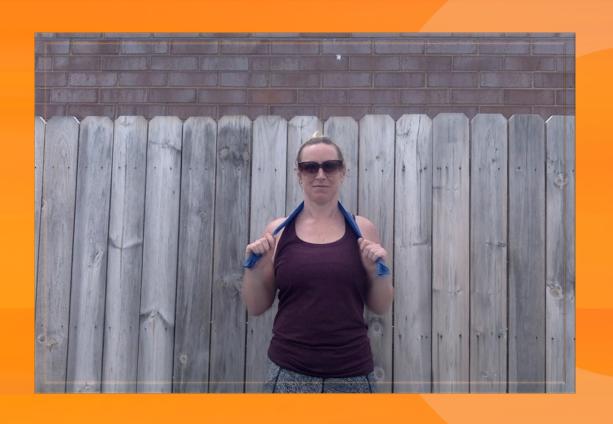
- + Goal: Control protraction of shoulder blade, prevent winging of the scapula off the ribcage
- + Serratus is the "boxer's muscle," those fingerlike muscles on the side of the ribs.
- + Critical for arm balances, planking

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.
- + Free injury screen/consultations are always available in person and via Telehealth.



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