



SELF-MANAGEMENT: PATIENT'S SECTION

Self-management of shoulder disorders—Part 3: Treatment self-help patient's advice [☆]

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Self-care advice

Shoulder problems: functional training

Shoulder exercises should mimic the activities performed on a daily basis at home, work or in sports/recreation. Isolating muscles with specific machines or apparatuses does not guarantee that the muscles will be stronger during actual activities. The modern approach to training emphasizes integrating muscles into smoothly orchestrated movement patterns. In this way, tissues are spared from being overloaded and they will be stable during repetitive or strenuous tasks. Functional training is the key to injury recovery, prevention, and performance enhancement.

External rotation/pulling

Purpose: This exercise is designed to train control and stability during pulling movements (e.g. a cart, tennis backhand, golf swing).

Starting position

- Standing in a semi-squat or fencer's position by a pulley machine or with tubing in your hand.

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- The tubing or cable should be slightly above waist height.

Exercise

Part (A)—The pull—tennis backhand

- Starting with light resistance perform scapular setting (pulling your shoulder back and down).
- Balance on your leg nearest to the pulley/tubing and turn your body towards the apparatus (see Fig. 1a).
- Gradually turn your hips and body away from the apparatus as you pull with your arm across your body (see Fig. 1b).
- Keep your elbow close to your side and finish the movement by turning your hips fully away and letting your hand rotate around your body (externally rotate) (see Fig. 1c).
- Try to feel a stretch in the front of your back hip as you maintain balance in the final position.

Part (B)—The (core) pull with trunk twist

- Perform with moderate resistance.
- Set your scapula back and down.
- Turn your body towards the apparatus (see Fig. 2a).
- Keep your elbow pressed against your side throughout the movement.
- Turn from your waist and hips without moving your arm very much (see Fig. 2b).
- Be sure to stay in a semi-squat position throughout the exercise.

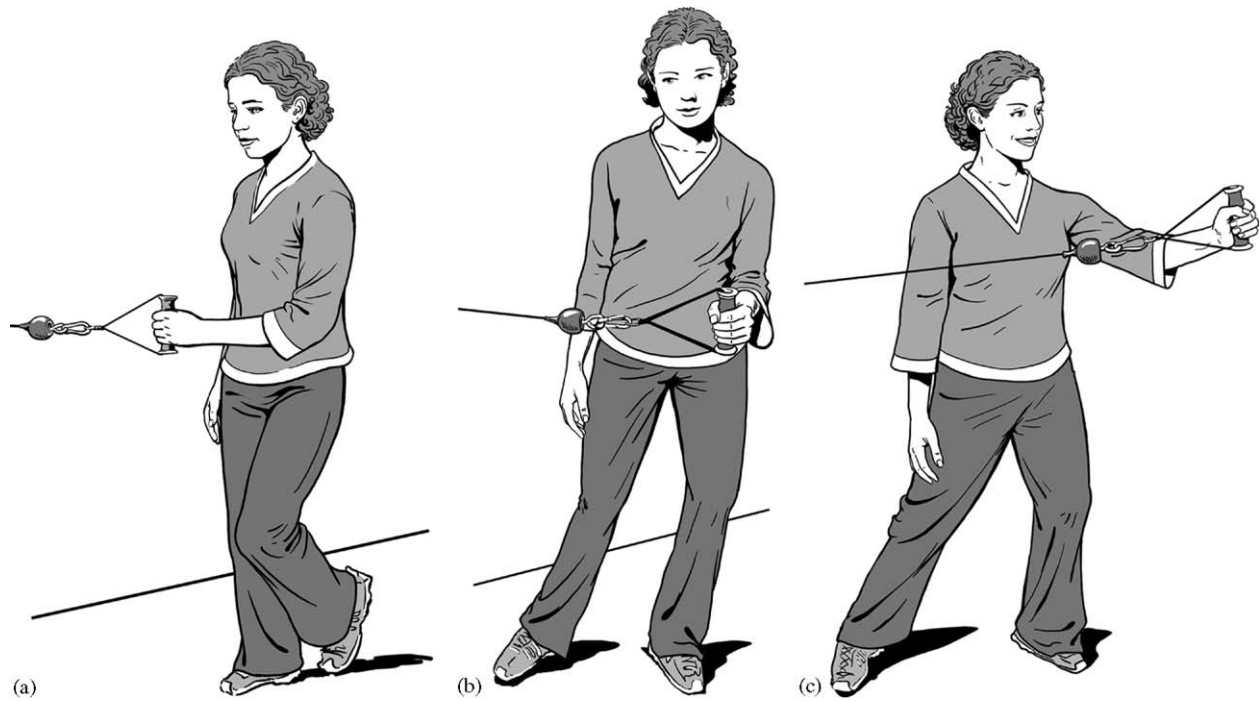


Figure 1 The pull—tennis backhand: (a) start position, (b) mid position, (c) final position.

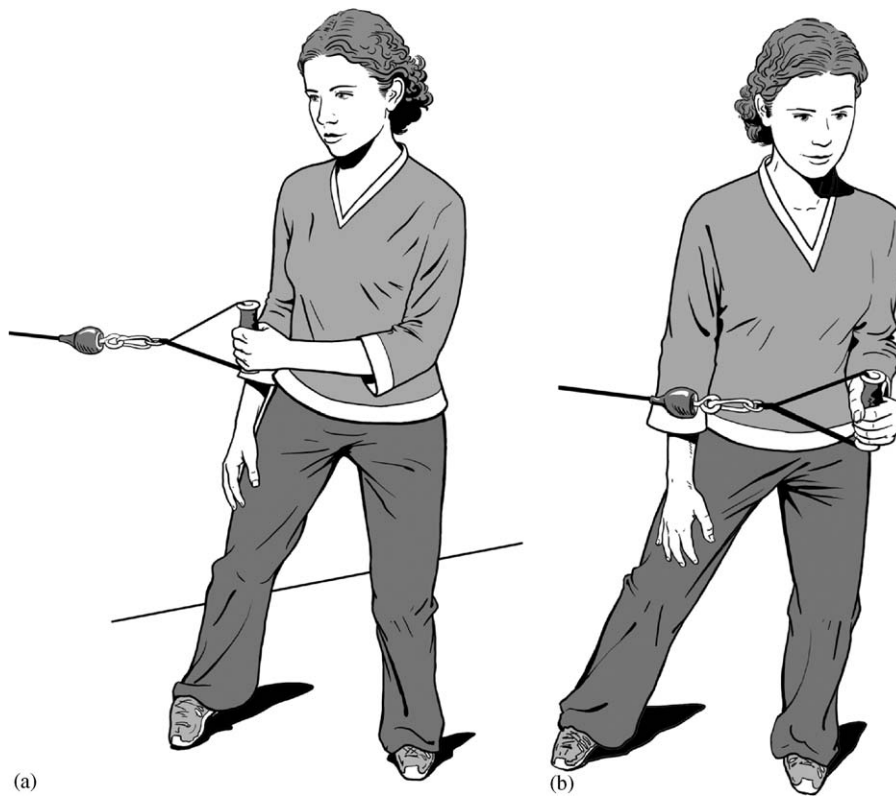


Figure 2 The (core) pull with trunk twist: (a) start position, (b) final position.

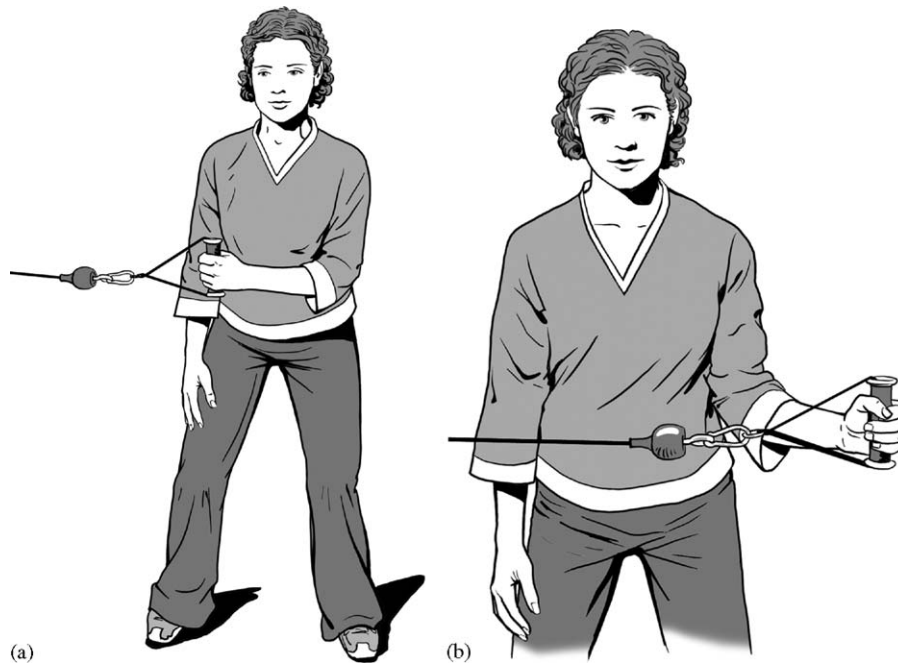


Figure 3 “Isolated” external rotation—rotator cuff: (a) start position, (b) final position.

- **Progression:** perform while balancing on your opposite leg.

Part (C)—“Isolated” external rotation—rotator cuff

- Perform with light resistance.
- Set your scapula back and down.
- Keep your elbow against your side and bent at a 90° angle (see Fig. 3a).
- Rotate your arm out against resistance (see Fig. 3b).

Part (D)—The seatbelt

- Move the origin of the cable or tubing to shoulder height.
- Grasp the handle above your opposite shoulder.
- Starting with light to medium resistance perform scapular setting (pulling your shoulder back and down).
- Turn your body towards the apparatus (see Fig. 4a).
- Gradually turn your hips and body away from the apparatus as you pull with your hand across your body to your hip (see Fig. 4b).
- Finish by imagining your are attaching a seatbelt.

Part (E)—The sword

- Move the origin of the cable or tubing to waist height.

- Grasp the handle near your opposite hip.
- Starting with light to medium resistance perform scapular setting (pulling your shoulder back and down).
- Turn your body towards the apparatus (see Fig. 5a).
- Gradually turn your hips and body away from the apparatus as you pull with your arm across your body towards your shoulder.
- As your elbow comes across your body allow your hand to reach upwards to finish the movement (see Fig. 5b).

Sets: Perform 1–3 sets.

Repetitions: Perform 8–12 repetitions/set.

Internal rotation/pushing

Purpose: This exercise is designed to train control and stability during pushing movements (e.g. a cart, tennis forehand/serve/overhead, throwing, punching, serving/spiking a volleyball).

Starting position

- Standing in a semi-squat or fencer's position by a pulley machine or with tubing in your hand.
- The tubing or cable should be at or slightly above shoulder height.

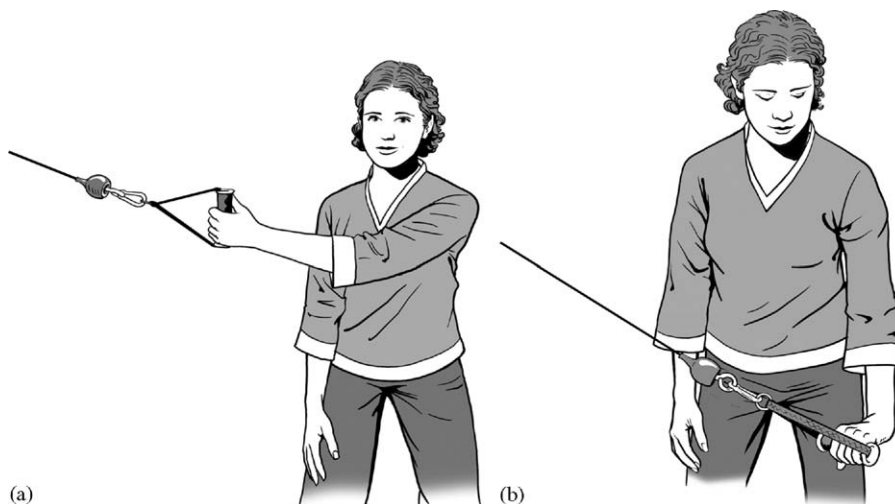


Figure 4 Seatbelt: (a) start position, (b) final position.

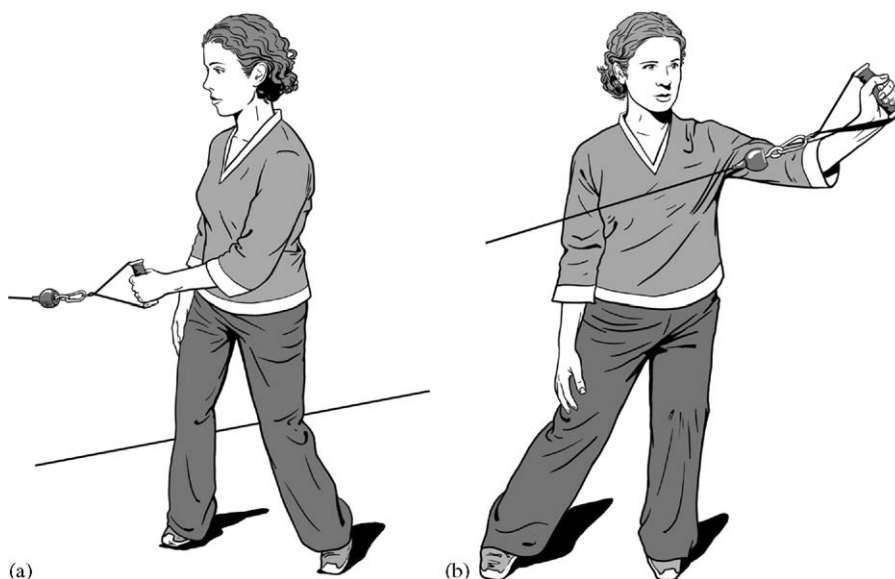


Figure 5 Sword: (a) start position, (b) final position.

Exercise

Part (A)—The punch with step

- Starting with light to medium resistance perform scapular setting (pulling your shoulder back and down).
- Balance on your leg nearest to the pulley/tubing and turn your body towards the apparatus (see Fig. 6a).
- Gradually turn your hips and body away from the apparatus as you move your arm across your body (see Fig. 6b).
- Finish the movement by turning your hips and throwing your hand forward while keeping your

weight evenly balanced over both feet (see Fig. 6c).

- Try to feel a stretch in the front of your back hip.
- **Modifications:** place the tubing or cable at waist height to train the tennis forehand; slightly overhead for tennis serve/overhead, throwing or serving/spiking in volleyball.

Part (B)—The (core) push with trunk twist

- Perform with moderate resistance.
- Set your scapula back and down.
- Turn your body towards the apparatus (see Fig. 7a).



Figure 6 The punch with step: (a) start position, (b) mid position, (c) final position.

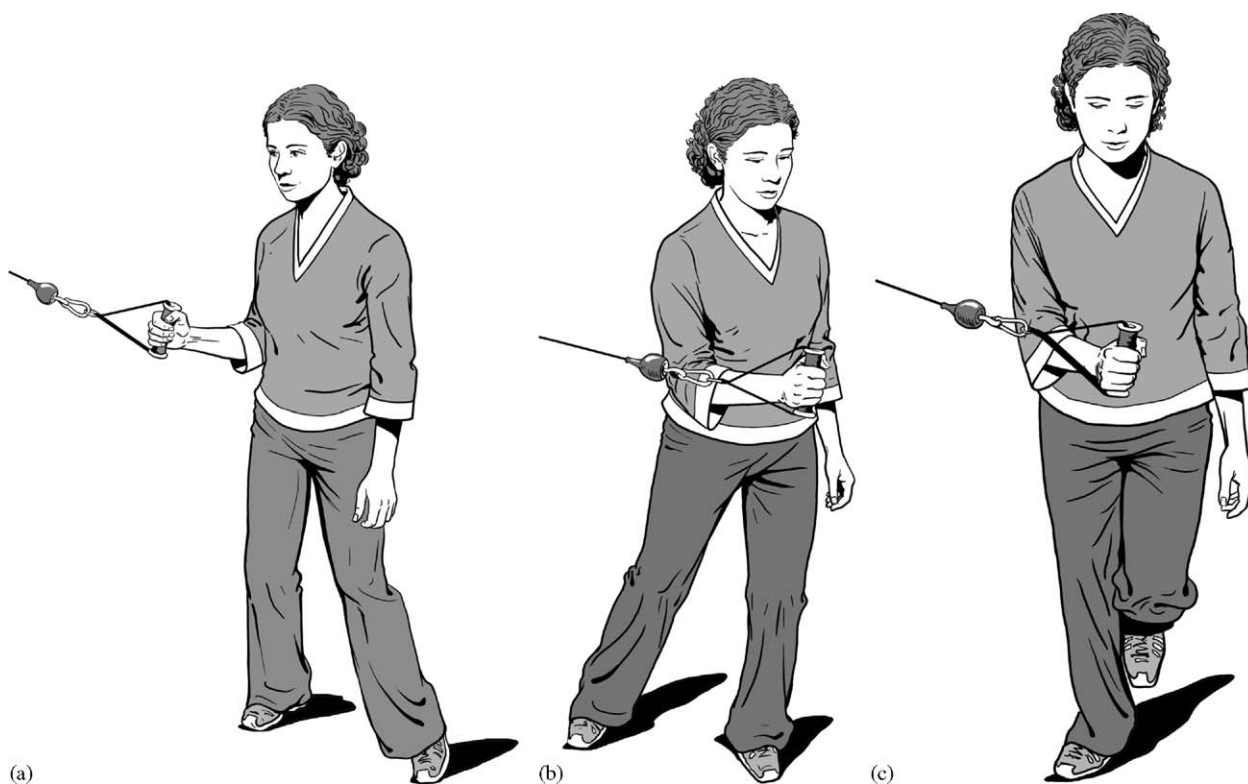


Figure 7 The (core) push with trunk twist: (a) start position, (b) final position, (c) balance challenge.

- Keep your elbow pressed against your side throughout the movement.
- Turn from your waist and hips without moving your arm very much (see Fig. 7b).
- Be sure to stay in a semi-squat position throughout the exercise.
- **Progression:** perform while balancing on your leg nearest the apparatus (see Fig. 7c).

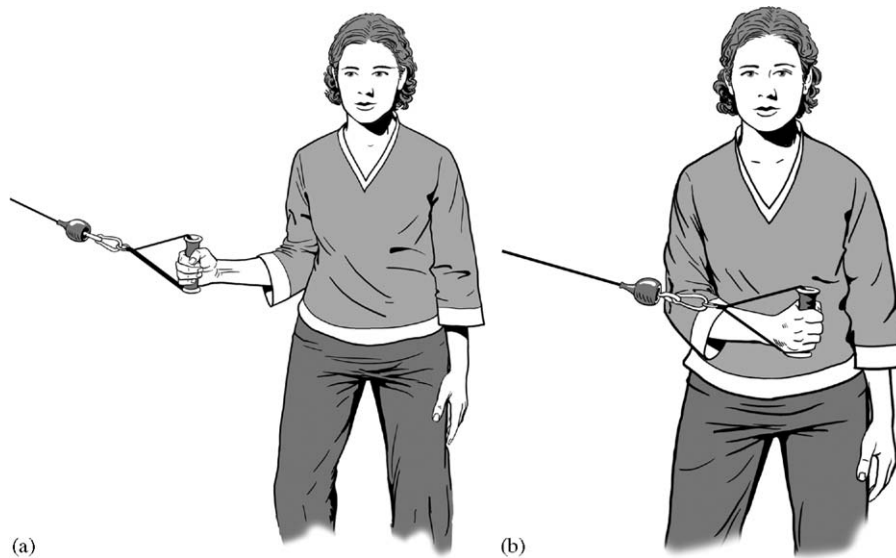


Figure 8 “Isolated” internal rotation—rotator cuff: (a) start position, (b) final position.

Part (C)—“Isolated” internal rotation (rotator cuff)

- Perform with light resistance.
- Set your scapula back and down.
- Keep your elbow against your side and bent at a 90° angle (see Fig. 8a).
- Rotate your arm across your body against resistance (see Fig. 8b).

Sets: Perform 1–3 sets.

Repetitions: Perform 8–12 repetitions/set.

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