



PHYSICAL THERAPY & PERFORMANCE

SHOULDER HEALTH

FOR FITNESS ATHLETES

**Brought to you by the  
Doctors of Physical Therapy of  
Evolv Physical Therapy & Performance**

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## Welcome!

Thanks for joining us as we dive into shoulder health for fitness athletes. We're excited that you have trusted us and have decided to check out more about how you can continue to stay active, healthy and thriving. Check out the content and let us know what else we can do to help you. And as always, remember to...

**Train. Recover. *Evolv.***

## What to Expect...

The purpose of this ebook is to give you a few of our favorite shoulder self-treatment exercises Fitness Athletes. These exercises are great for full shoulder mobility and moving overhead.

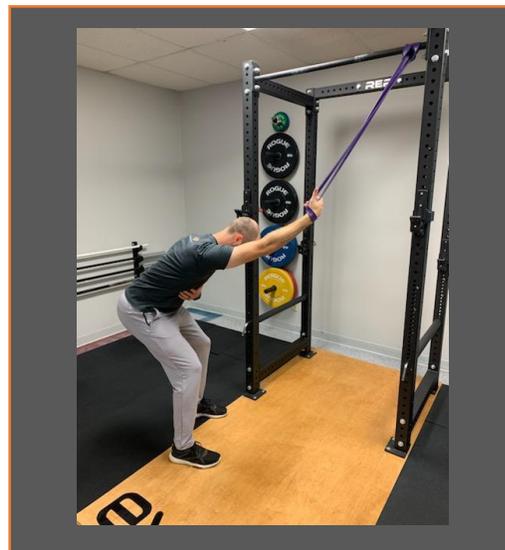
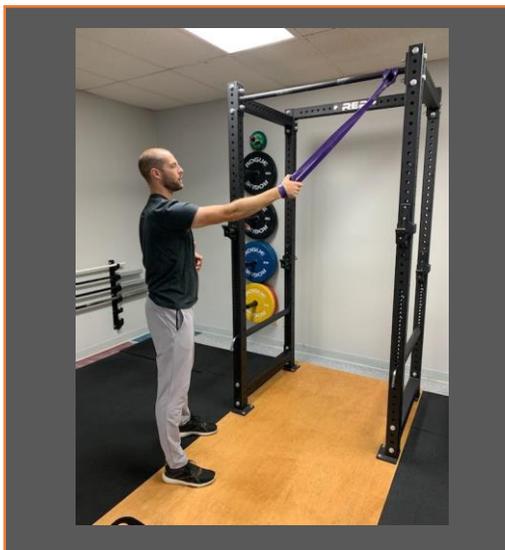
Use these movements as tools to help you improve your shoulder mobility and get back to doing what you love at the gym!



# Shoulder Self-Treatment Exercises

## Banded Shoulder Overhead Opener

- Loop the band around a pull up bar or rig. Slide your hand through the band. You want to be able to hold the band but maintain a relaxed shoulder.
  - Step back and hinge at your hip, allowing the band to pull you into an overhead position.
  - Externally rotate your arm/shoulder so that your palm faces up toward the ceiling.
- Slowly move your arm in and out of this externally rotated position to open your shoulder.

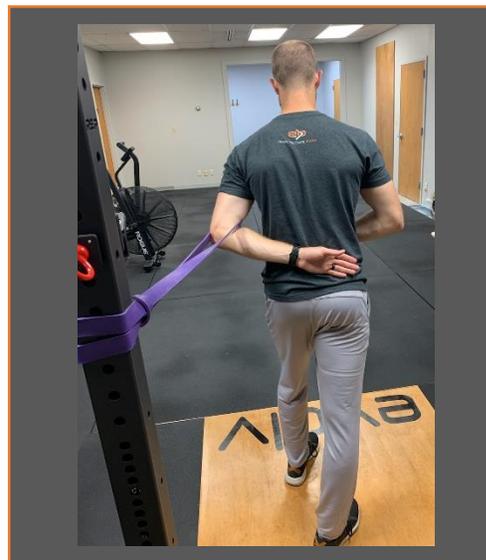
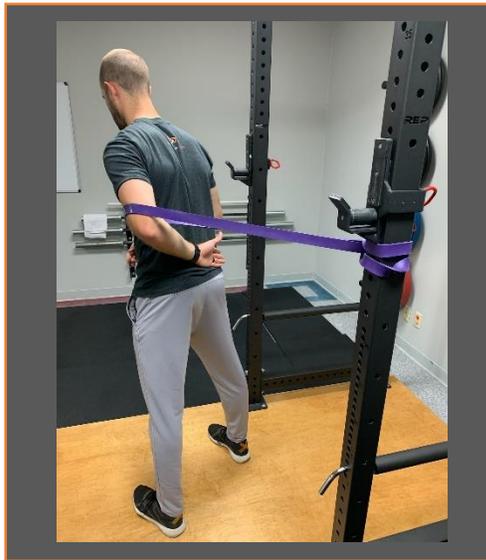


- Hold this stretch for 1-2 min.
- Continue to breathe easily during the stretch.
- Continue with smooth internal and external rotation movements throughout the stretch.



## Banded Shoulder Internal Rotation Opener

- Loop the band around an upright near shoulder height. Place the other end of the band around your forearm. Place this hand behind your back.
- Do not fight the band. Make sure to relax your arm and allow the band to stretch the front of your shoulder.
- Gently pull your wrist further across your back with your other hand for more stretch.



- Hold this stretch for 1-2 min.
- Make sure to breathe easily while holding the stretch. If able, lean forward after exhaling for a greater stretch on the front of your shoulder.



## Upper Trap Lacrosse Ball Mobilization

- Bend forward at a rig or doorframe, like you are “going to tackle” the upright.
- Place a lacrosse ball on any tender spot throughout your upper trap muscle.
- Gently lean into the upright to achieve the desired amount of pressure.
- Move your shoulder through your full range of motion (overhead to behind your back)



- Maintain this position for 1-2 min.
- Smoothly move your arm through the full range of motion at smooth pace.
- Move to any additional tender spots throughout the muscle as needed.



## Reactive Neuromuscular Training for Overhead Position

- Loop the band around a rig, near chest height.
- Grab the band and raise your arm to your maximum overhead shoulder position.
- Complete a squat while maintaining your shoulder position throughout the movement against the resistance of the band.



- Complete 2 sets of 10-15 reps on each side.
  - Maintain an active shoulder throughout the exercise without compensating elsewhere.
- Common movements of compensation are allowing the hand to move forward or overarching your low back while descending into the bottom of your squat.



## Want More?

We can help with that. We love working with people that want more!

We offer lots of ways to help you achieve more...

- Contact us to setup your Fitness Athlete Shoulder Evaluation
  - Evolv Physical Therapy & Performance Clinic - Grafton
    - Dr. Matt Paluchniak .....(262) 235-3585
    - matt@evolv-pt.com
  - BrewCity CrossFit – Milwaukee
    - Dr. Erik Gregersen .....(314) 283-4459
    - erik@evolv-pt.com
  - www.evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you
- Contact us about other issues that you are having with your workouts or at the gym so that we can help get you back to doing what you love without nagging injuries or worries
- Follow us on social media using the icon links at the bottom of each page for frequent content, updates and more!
- And as always, remember to...

Train. Recover. **Evolv.**

