

Shoulder Health for Fitness Athletes



Presented 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've decided to check out more about how you can stay healthy, fit and thriving related to your shoulders! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

What to Expect...

In this ebook, we'll specifically be speaking to mobility and strengthening as they relate to Shoulder Health for Fitness Athletes.

We'll begin with the mobility exercises. These will help you understand where you need to focus your attention and dial in your mobility.

From there, we'll move into strengthening. This will give you a starting point for strengthening your shoulder and "owning your end range".

Enjoy!



Banded Shoulder Overhead Opener

- Loop a medium 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 the ceiling. Slowly move your arm in and out of this rotated position.



- Hold this stretch for 1-2 min while breathing easy and continue the smooth rotation movements throughout the stretch.

[CLICK HERE to watch the video](#)



Banded Behind the Back Internal Rotation (IR) Opener

- Loop a medium band around an upright around shoulder height
- Slide your arm into the open end of the band and place the band just above your elbow. While keeping the band in place, reach behind your back.
- Keeping your hand in the small of your back, step/lunge forward until you feel a stretch in the front of your shoulder. Do not fight the band.



- Complete 2 sets of 1-2 min while breathing easy and gradually moving into a greater stretch/further away from the upright

[CLICK HERE to watch the video](#)



Upper Trap Lacrosse Ball Mobilization

- Bend forward at an upright, like you are "going to tackle" it.
- Place a lacrosse ball on any tender spot throughout your upper trap muscle.
- Gently lean into the upright to apply the desired amount of pressure.
- Move your arm/shoulder through its full range of motion, from fully overhead to behind your back.



- Complete 2 sets of 1-2 min of this on each side while breathing easy and gradually moving into a greater range of motion and/or applying more pressure as needed.

[CLICK HERE to watch the video](#)



Overhead with Anterior RNT

- Loop a light 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 against the resistance of the band throughout the movement.
- Make sure not to compensate at other body regions throughout the movement.



- Complete 2-3 sets of 10-15 reps on each side or until your shoulder fatigue impacts your movement/form.

[CLICK HERE to watch the video](#)



Want More?

We can help with that.

We love working with clients that want more!

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

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
 - 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
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

