

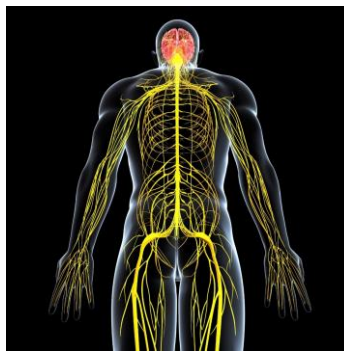


# TRIGGERPOINT

## Corrective Exercise for the Problem Shoulder



### Neural Anatomy



Corrective Ex for the Shoulder

### Kinetic Chain



Corrective Ex for the Shoulder

### Scapula Position

Associated with impingement syndrome:

- Internal rotation
- Anterior tilt
- Downward rotation



Struyf, F., Nijs, J., Baevens, J.P., Mottram, S., & Meeusen, R. (2011). Scapular positioning and movement in unimpaired shoulders, shoulder impingement syndrome, and glenohumeral instability. *Scandinavian Journal of Medicine & Science in Sports*, 21, 352-358

Corrective Ex for the Shoulder

## ✕ Assessing the Shoulder



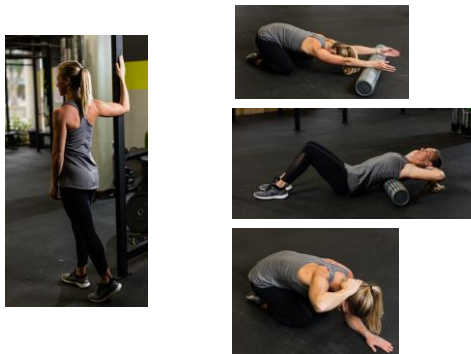
Corrective Ex for the Shoulder

## ✕ Foam Rolling/SMR



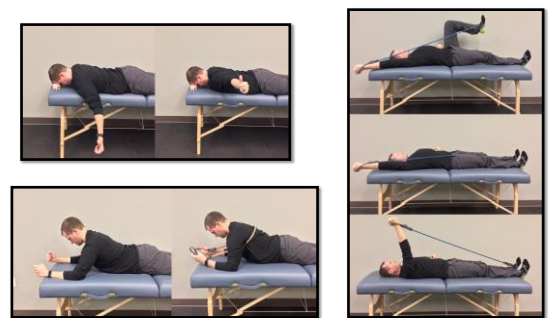
Corrective Ex for the Shoulder

## ✕ Static Stretch



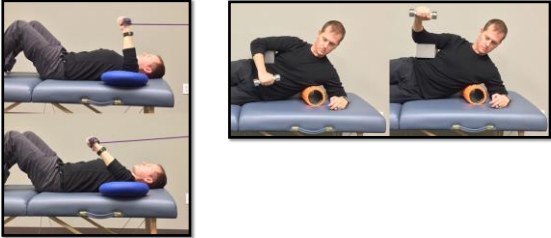
Corrective Ex for the Shoulder

## ✕ Scapular Stabilization



Corrective Ex for the Shoulder

## ✕ Rotators—non-weight bearing



Corrective Ex for the Shoulder

## ✕ Complex Stability



Corrective Ex for the Shoulder

## ✕ Complex Movement/Reactive



Corrective Ex for the Shoulder

## ✕ Example Template

	Exercise	Time/Reps	Sets
SMR	T-spine, pecs, lats, levator, post. delt	30-60 seconds	1
Stretch	Pecs, lats, extension, rotation	30-45 seconds	1
Stabilization/Activation	Retraction, depress, eccentric scaption, plank, IR, ER,	12 repetitions	2-3
Complex	Bear crawl, Crab walk, Modified down dog	12 repetitions	2-3
Total Body	Squat w/shoulder RNT	12 repetitions	2-3
Reactive	Side plank ball throw	8 each side	2-3

Corrective Ex for the Shoulder