Improving Shoulder Stability and Strength

Darrell Barnes, LAT, ATC, CSCS
St. Vincent Sports Performance Center
Official Sports Performance Center and Health Care Provider of USA Gymnastics
Centrally located in Indianapolis, Indiana

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DEFINING SPORTS PERFORMANCE
Objectives

- Review functional anatomy of the shoulder
- Identify physical imbalances that may lead to shoulder injury and/or decreased performance
- Learn exercises that will improve shoulder stability/strength and decrease the chance for injury
Shoulder Mobility vs. Stability
Shoulder Anatomy

- The shoulder girdle is comprised of 4 joints
- More than 15 muscles work to stabilize and move the shoulder
- The shoulder joint has a very large range of motion which decreases its ability to stabilize
Common Injuries

- Shoulder instability is when the joint is hypermobile and can lead to subluxations/dislocations and labral tears
- Caused by inadequate strength to handle gymnastic skills or an acute onset by a fall on outstretched arm
Common Injuries

- Impingement syndrome is an irritation of soft tissue structures (bursae, tendon)
- Caused by repeated shoulder activity with inadequate strength and poor posture.
Common Shoulder Imbalances

- Poor posture: Forward shoulders due to a tight front side and poor back side strength
- Increased back extension with shoulder flexion due to tight lats
Goal of Shoulder Exercises
“Keep the Golf Ball on the Tee”

• Increase front side flexibility and posterior joint mobility
• Correct muscular imbalances by increasing back side strength
• Maintain good shoulder flexion/extension, IR/ER
• Develop rotator cuff strength
Exercises to Increase Mobility
Exercises to Increase Flexibility
Shoulder Strengthening
“Key Areas”

• Emphasize scapular stability and rotator cuff strength
• Maintain good form! “golf ball on the tee” position when doing exercises
• Include open and closed chain exercises in a functional ROM
Shoulder Strengthening

Wall Progression
Shoulder Strengthening
Elastic cord progression
Shoulder Strengthening
Elastic cord progression
Shoulder Stabilization
Shoulder Strengthening
Stability Ball Progression
Shoulder Strengthening
Stability Ball Progression
Shoulder Strengthening
Push-ups and Pull-ups
Shoulder Strengthening
Plyometrics
Conclusion

- Focus on identifying and correcting shoulder imbalances
- Emphasize scapular and rotator cuff strengthening
- Strengthen through the full ROM and maintain good form
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“The pain of discipline is never as great as the pain of regret”