



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022

San Antonio, TX & Online | 2.0 CEUs

#NSCAsCoaches22



The Golden Connection:

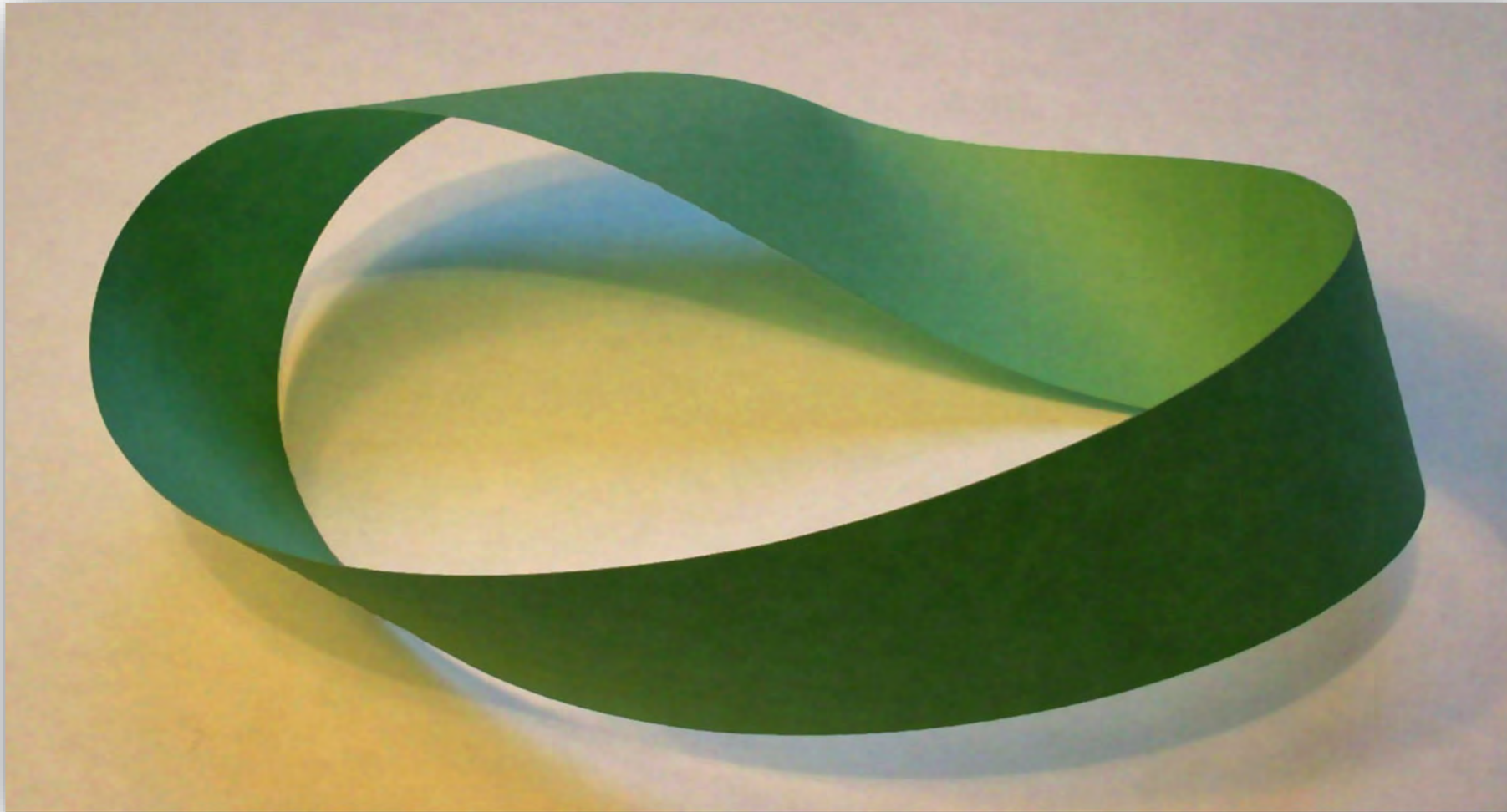
Problems, Prescriptions & Power Development for the Rotational Athlete



OBJECTIVES OF PRESENTATION:

- ✓ To examine various performance dynamics of the hips and shoulder with rotational and overhead athletes
- ✓ To address common issues, problems and possible root causes of acute/chronic pain that hinder performance
- ✓ To look at some simple solutions that may help correct and connect the hips and shoulders for more power
- ✓ To consider different methods to enhance power development without compromising long term health and negatively impacting performance

THE MOBIUS STRIP



PROBLEMS:

A. Genetic – postural (upper cross/lower cross syndrome)

B. Sport - biomechanics/technical

C. Asymmetries – imbalances and overuse (from weight room or court)

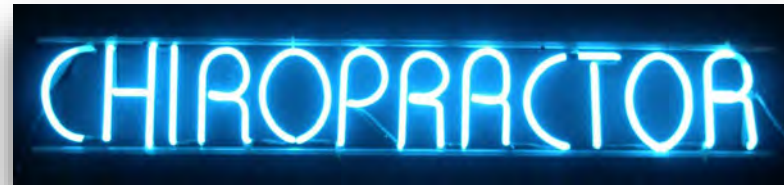
D. Joint ROM – too little or too much

Domino Effect Examples:

**Shoulder Impingement ➡ ☐ Hips Overactive ➡ ☐ Lower Back Issues

**Loss of Anterior Hip ROM ➡ ☐ Shoulder Overreach ➡ ☐ Ab Strains

**Shoulder Overuse ➡ ☐ Lateral Sling ➡ ☐ Pelvis Rotated



TRS **THE READY STATE™**



Donnie Maib | Head Strength Coach Texas

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SQUAT	Hips	Shoulders	BENCH PRESS
Trochanter size and space		Increases INT rotation	
Ankle ROM		Scapula trapped	
Shoulder ROM		Overactive traps	
Postural integrity		Shoulder instability	
Creates spinal stiffness		Doesn't address fascial lines connection	
Can increase imbalances		Can increase imbalances	
Over prescribed exercise		Does more damage long term	

APPROACH:

Assess and Address (shoulders):

- ✓ Where does it hurt – systems check (Overactive traps, scapula dysfunction, anterior tightness, thoracic or rib stuck)
- ✓ How does it move – observe gait while standing and walking (scap retractions, pressing, overhead reaches, lats, internal, external rotation)
- ✓ Low hanging fruit – soft tissue ischemia, tightness/inhibition, weakness

Assess and Address (hips):

- ✓ Where does it hurt – systems check (glutes shut off, tight hip flexors, psoas short, rotators lack ROM)
- ✓ How does it move – observe gait while standing and walking (squat pattern, forward/reverse lunge, shin box, press ups, hip rockers)
- ✓ Low hanging fruit – soft tissue ischemia, tightness/inhibition, weakness



"If a whole city collapses you don't just rebuild the whole city. You find out what order the building collapsed in to discover why it fell. It is the same with the body. Don't just go to where it hurts. Look at the outlying issues that are causing the pain"

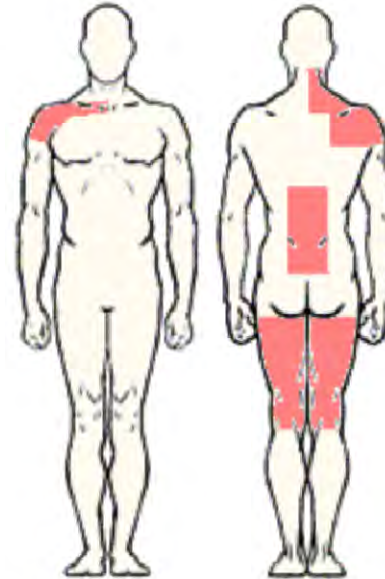
Dan Pfaff

VOLLEYBALL WELLNESS QUESTIONNAIRE

Date	About	Specific Muscle...	Soreness	Fatigue	Sleep	Mood	Stress	WB Score	Study Time Outside ...	Academic Stres...
12-04-2018	Micaya White	Right Shoulder, Right Posterior Shoulder	Low	Normal	Some Sleep	In The Middle	Highly Stressed	13		
12-04-2018	Riley Fisbeck	Right Posterior Shoulder, Right Shoulder, Lumbar Spine, Right Neck, Right Posterior Thigh, Left Posterior Thigh	Average	More Tired Than Normal	Difficulty Falling Asleep	In The Middle	Normal	14	200.0	9
11-15-2018	Katarina Luketic		Average	More Tired Than Normal	Some Sleep	A Generally Good Mood	Normal	14		
12-04-2018	Asjia O'neal		Average	Normal	Some Sleep	A Generally Good Mood	Normal	15		
12-04-2018	Morgan Johnson	Lumbar Spine, Right Posterior Shoulder	Average	Normal	Good	In The Middle	Feeling Stressed	15		
12-04-2018	Yaasmeen Bedart-Ghar	Lumbar Spine	Average	More Tired Than Normal	Good	In The Middle	Normal	15		
11-23-2018	Blair Westerlund	Left Knee, Left Chest	High	Normal	Difficulty Falling Asleep	A Generally Good Mood	Normal	15		
12-04-2018	Claire Hahn	Lumbar Spine	Average	Normal	Good	In The Middle	Normal	16		
12-04-2018	Jhenna Gabriel		Average	Normal	Difficulty Falling Asleep	A Generally Good Mood	Normal	16		
12-04-2018	Ashley Shook	Left Posterior Lower Leg, Left Posterior Foot, Right Posterior Lower Leg, Right Posterior Shoulder	Low	Normal	Good	In The Middle	Feeling Stressed	16		10
12-04-2018	Autumn Rounsaville	Lumbar Spine	Average	Normal	Good	A Generally Good Mood	Normal	17		
12-04-2018	Sydney Petersen	Lumbar Spine, Right Posterior Lower Leg, Left Posterior Lower Leg, Left Knee	Average	Normal	Good	A Generally Good Mood	Normal	17		

Body Soreness

Specific Muscle Soreness



Overall Muscle Soreness Average

Number of Sore Areas 6

Specific Sore Areas

Sore Area 1	Right Posterior Shoulder	Rating 3
Sore Area 2	Right Shoulder	Rating 3
Sore Area 3	Lumbar Spine	Rating 1
Sore Area 4	Right Neck	Rating 2
Sore Area 5	Right Posterior Thigh	Rating 3

SOFT TISSUE	SHOULDERS	POSTURAL
Lacrosse Ball Traps/Supra/Scalenes		Banded Snow Angels
Lacrosse Ball Rhomboids		Banded Scap Retractions
Tempering Anterior Shoulder		Banded Shoulder Distractions
Pec Minor Release		Wall Slides Facing Out
Serratus Scrub		Wall Slides Facing In
Subscap/Lat Release		Skydivers
Cervical Spine Extensors		Banded Neck Mobility Rotation

SOFT TISSUE	HIPS	POSTURAL
Softball Psoas/Iliacus		Banded Hip Drivers
Softball Glute Medius		Banded Pigeon + Hip Rocker
Softball QL		Banded Press Ups
Softball Hamstring Flossing		Banded Hip Distraction with Knee Flex/Extend
Adductor Scrub		Banded Lateral Lunge
Rotators ART Release		Shin Box INT/EXT Rotations
Quad Tempering		DBL Kneeling Knees Over Toes

EXAMPLE EXERCISES:

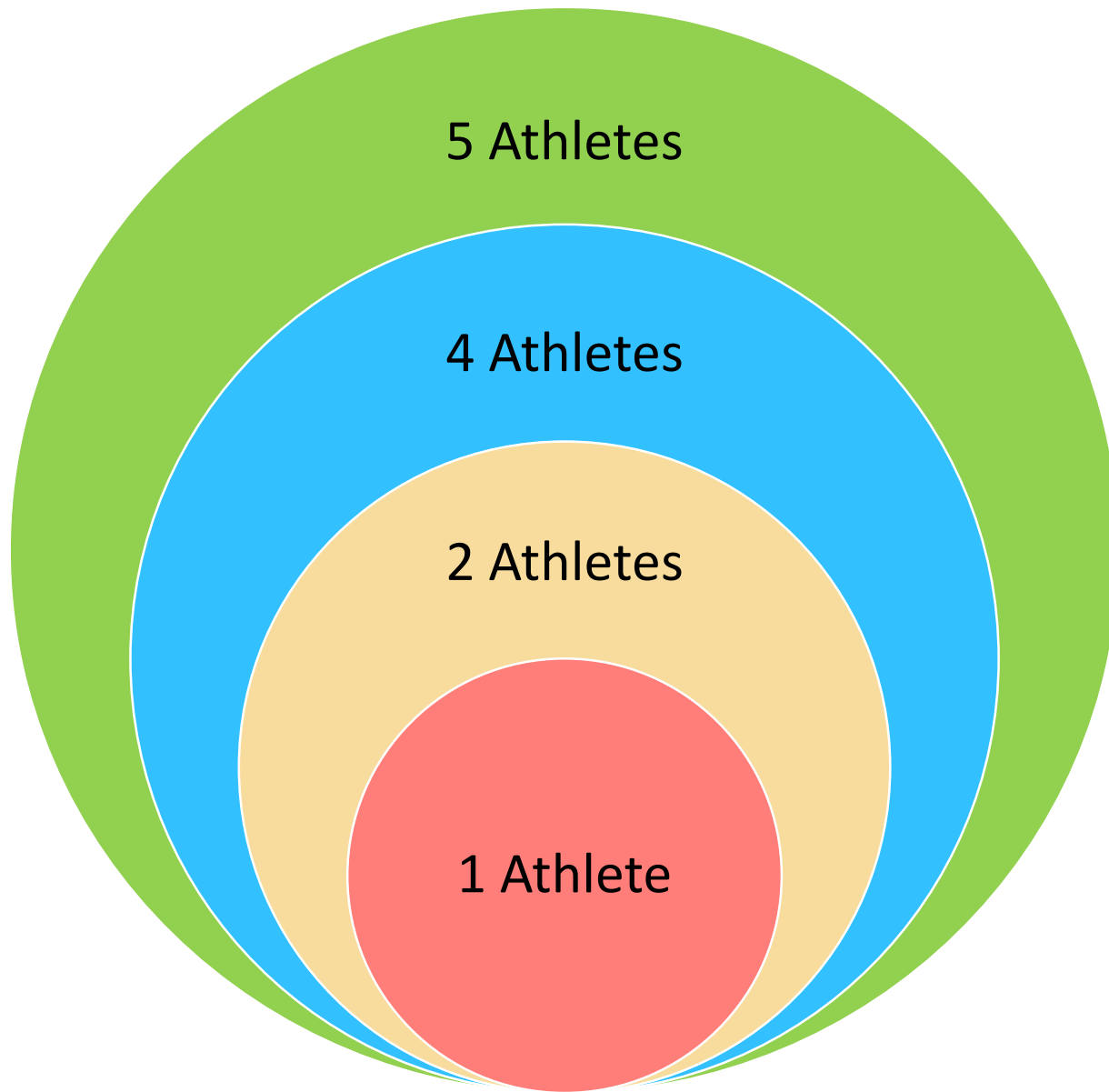


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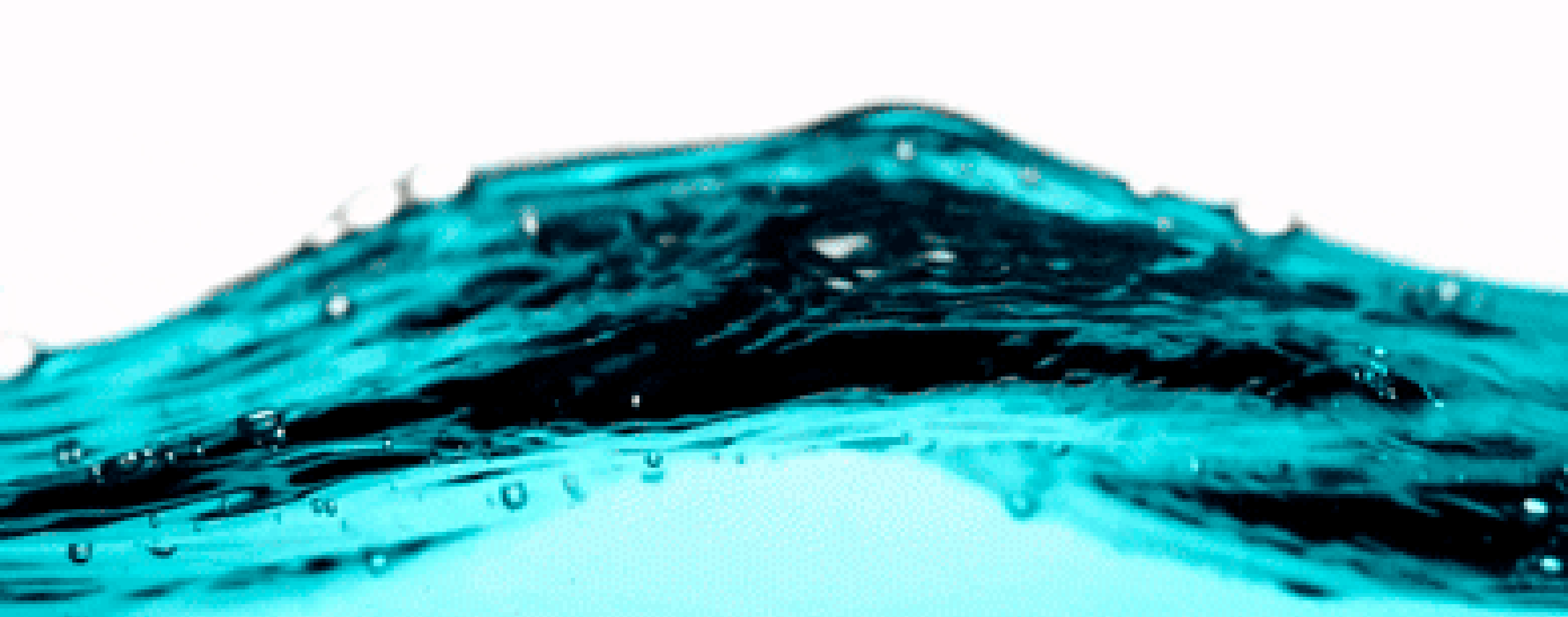
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PROGRAMMING GUIDELINES:

- ✓ Work with cross sectional fascial lines – right hip to left shoulder + left hip to right shoulder
- ✓ Limit bi-lateral exercises – especially with asymmetries
- ✓ Use uni-lateral and contra-lateral exercises to mitigate asymmetries and clean up overuse
- ✓ Use soft tissue protocols pre and post workouts to reeducate and clean up movement patterns
- ✓ Use distractions or mobility exercises between movements



Each group or level of athlete's training either progresses or regresses (expands or shrinks) based off overall health



FLUID PERIODIZATION

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THANK
YOU &
HOOK'EM!

Connect



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