



2019 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE

OCTOBER 7 – 11

#NSCAPT19

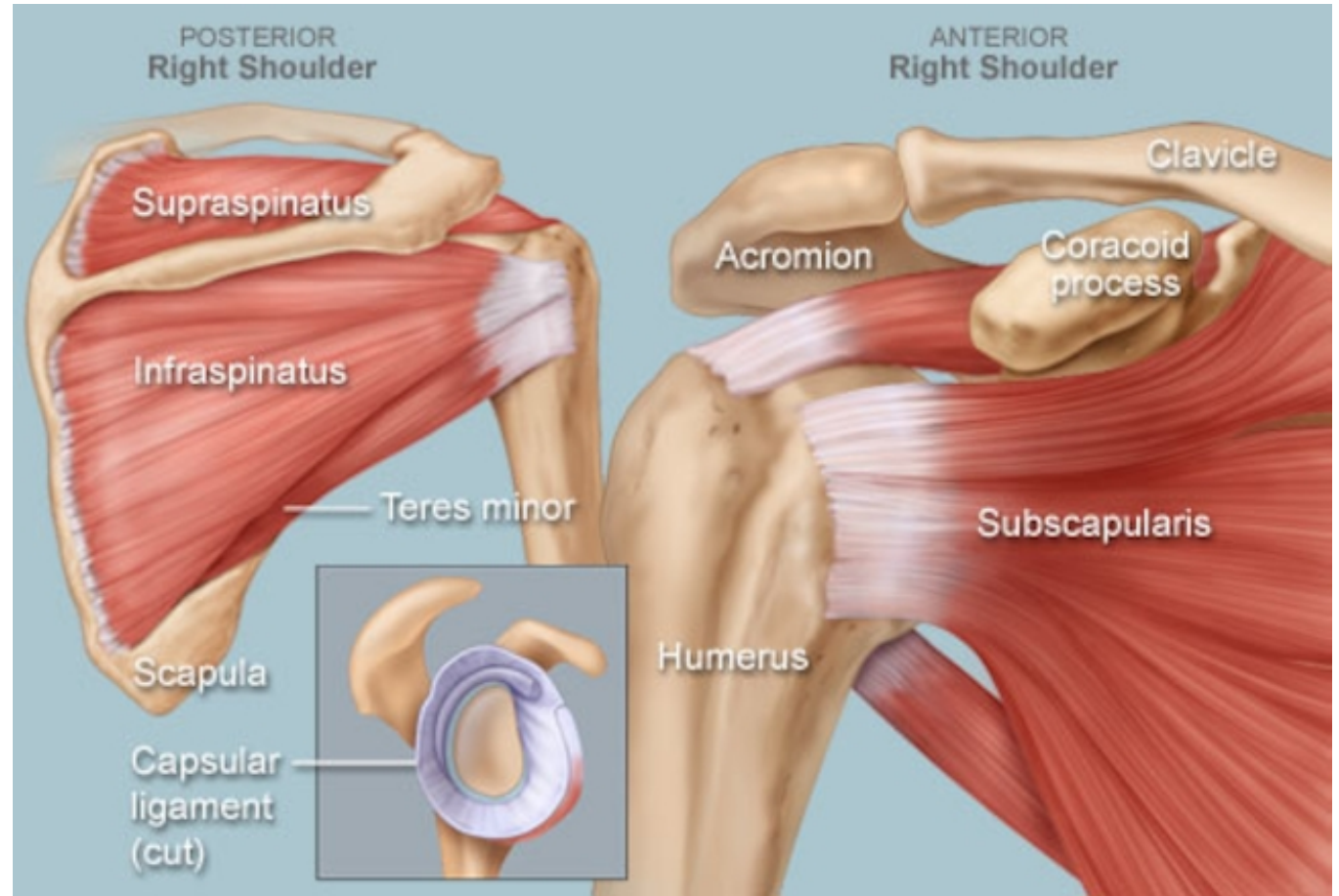
How to Safely Train and Program for the Shoulder Joint

Lee Boyce, CPT

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

Training for Healthy Shoulders



The Overhead Press – How I Coach and Cue



Lee Boyce
Training for a Healthy Shoulder Joint

About the Shoulder

- 4 key players – Glenoid fossa, scapula, humeral head, clavicle
- Ball and socket joint, most unstable joint in the body
- Training it for health comes from first understanding its construction, classifications, and contraindications (these differ depending on who you are)
- Finding the right modifications to classic exercises that may fit the above – don't fit a square peg into a round hole!
- IMO, shoulder training isn't deltoid training – smallest piece of the pie

The Shoulder – AC Joint Classifications

- Acromion process can allow for greater or lesser subacromial space for tendons and bursae - ^ potential for impingement



Type 1: Flat



Type 2: Curved



Type 3: Hooked

More on AC Joint construction

- Impossible to tell without an X-Ray, but paying attention to what movements cause pain can be an indicator (on spectrum of rotation)
- My rule: Don't bear load in severe int. rot.
- Bench Dips vs. Parallel Bars, BB upright rows vs. Cable upright rows OR BB high pulls
- Active shoulder mobility vs. Passive shoulder mobility (why I like the TGU, Tiger Sit Out, TRX Pike – 'closed chain')
- $\frac{3}{4}$ of shoulder health comes from BACK training. Rot. Cuff origins benefit from scapular work

Scapulohumeral Rhythm and Pressing Work

- Scapulohumeral rhythm demonstrates the importance of scapular MOBILITY
- With all this said, should “chest day” be re-examined? (Bench press, DB press, vs. Push ups, dips, etc).
- It doesn’t end there. Scap mobility needs to be emphasized via pulling movements also. Bad vs. Good pull technique (pulldown and supra, set shoulders vs. mobile shoulders)

My Top 3 Shoulder Health Movements

- BB/DB Z Press – This appeared earlier, but now consider it from a mobility perspective
- Resisted Scapular Slide – Force angles create additional ROM
- Landmine Press and Viking Press/Makeshift Viking press

The T-Spine – The Unsung Hero to Shoulder Health

- The health of the thoracic region will impact the health of the shoulder joint
- Extension AND rotation. If either is insufficient, compensations in lumbar will occur
- With insufficient extension of the T-Spine, shoulder blades can't retract
- With insufficient rotation in one region, the other compensates. This is HUGE.
- Top T-Spine Extension exercises (foam roller extension, kneeling bench extension)
- Top T-Spine Rotation exercises (side lying rotation, partner PNF – oblique vs. lat)
- One more thing: Can Pull ups be Harmful?

On ROM:

- It's one thing to achieve range of motion, but how? Stretching?
- The problem with end ranges / force curves
- Benefits of isometric training (shoulder flexion/extension isometrics)
- Closing Thoughts