

## **Shoulder and Rotator Cuff**

As promised at Tully, here is some guidance on improving shoulder health - stretching, prehab and rehab.

First of all, your shoulders need to be in their natural, neutral position ('chest out - shoulder back') as much as possible during your waking and sleeping hours, fighting the numerous activities which tend to make you slouch. You also want shoulders to be strong enough to keep good posture when using all of the different paddling strokes. Finally, you want your shoulders to be strong enough to positively contribute to your paddling.

It is always better to do a little bit of work, in a regular routine, to support your shoulders. Injured shoulders are painful, performance limiting and may stop you from what you want to do ..... paddle!

I would suggest doing a series of exercises on a daily basis (little and often), and also doing a small set of the exercises during your warm up, to 'pre-activate' the shoulder muscles, to prepare and 'remind' the muscles what they are about to need to do.

Enjoy!

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## **To Watch on Youtube / Download**

### **Prehab / Strengthening**

- <http://www.youtube.com/watch?v=EQfE9waXdLU>
- <http://www.youtube.com/watch?v=WR1W79AWOag>

### **Injury/rehab**

- <http://www.youtube.com/watch?v=vLoA8nrdO1w>
- <http://www.youtube.com/watch?v=DckhC2FexxE>

### **Dynabands/Therabands**

Can be obtained from Neuff Athletics equipment....the good thing is that it comes with an exercise booklet!

<http://www.neuff.co.uk/products/search.php?keyword=dynaband>

# Stretching Routines

## Illustrated

<b>Pec Stretch / Bent-Arm / Parallel</b> .....	<b>p. 57</b>	<b>External Rotators Stretch</b> .....	<b>p. 62</b>
<b>Pec Stretch / Bent-Arm / Angled Up</b> .....	<b>p. 57</b>	<b>Pec Stretch / Straight-Arm / Parallel</b> .....	<b>p. 57</b>
<b>Pole Stretch</b> .....	<b>p. 59</b>	<b>Pec Stretch / Straight-Arm / Angled Up</b> .	<b>p. 57</b>
<b>One-Person Front Delt / Biceps Stretch</b>	<b>p. 61</b>	<b>Two-Person Pec / Front Delt Stretch</b> ....	<b>p. 58</b>
<b>Two-Person Front Delt / Biceps Stretch</b>	<b>p. 61</b>		

### STANDARD

<b>PEC STRETCH</b> (Bent-Arm / Parallel)	<b>PEC STRETCH</b> (Bent-Arm / Angled Up)	<b>POLE PEC STRETCH</b>	<b>FRONT DELT/BICEPS STRETCH</b>	<b>EXTERNAL ROTATORS STRETCH</b>
1 rep / 5-10 secs @ arm	1 rep / 5-10 secs @ arm	3 reps	1 rep / 5-10 secs	1 rep / 5-10 secs @ arm

### FOR HEAVILY MUSCLED PECS

<b>PEC STRETCH</b> (Straight-Arm / Parallel)	<b>PEC STRETCH</b> (Straight-Arm / Angled Up)	<b>POLE PEC STRETCH</b>	<b>FRONT DELT/BICEPS STRETCH</b>	<b>EXTERNAL ROTATORS STRETCH</b>
1 rep / 5-10 secs @ arm	1 rep / 5-10 secs @ arm	3 reps	1 rep / 5-10 secs	1 rep / 5-10 secs @ arm

### WITH A PARTNER

<b>TWO-PERSON PEC STRETCH</b>	<b>PEC STRETCH</b> (Bent-Arm / Angled Up)	<b>TWO-PERSON FRONT DELT/BICEPS STRETCH</b>	<b>EXTERNAL ROTATORS STRETCH</b>
1 rep / 5-10 secs	1 rep / 5-10 secs @ arm	1 rep / 5-10 secs	1 rep / 5-10 secs @ arm

# Rotator-Cuff Injury Prevention

## 1. Wax-on, Wax off



Arms out in front, make circular motion with palms flat down keeping elbows & hands at shoulder height  
x 15 each way

## 2. Low Fly



Arms very slightly bent, palms facing inward, lift arms out to 30° or above 12 in / 30 x 30

## 3. Finger stretch



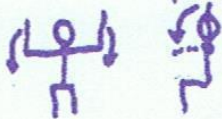
As 1., except keep arm straight and stretch fingers out from palm, push arm forward  
x 30

## 4. Full Fly



As 2., except bring hands/arms to shoulder height  
x 30

## 5. L rotation



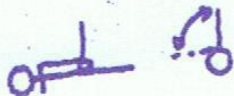
Arms in L shaped configuration. Move hands to shoulder height by turning upper arm. Keep elbows at shoulder height  
2 x 15

## 6. Pull Backs



Palms inward move hands back with arms very slightly bent  
x 30

## 7. Side L Fly



Lie on side, make L with upper arm (use a pad between elbow & side, or rest on fist). Lower hand and forearm and raise  
2 x 15

## 8. Side raise



Lie on side, put arm to similar position to 1., raise arm.

## 9. Shoulder Shrug



Put hands on seat and shoulder shrug forwards then backwards slightly taking some of body weight.

\* These exercises should be carried out when fresh, and should be done with very light dumbbells or weights (1-2kg) in order to exercise the correct muscle. Shoulders should be properly set before each exercise - relax and shrug shoulders up & back

Plus W, T, Y, I s