

Yorkshire Region Dry Training

Shoulder Health

.....and why it is important to a
paddler

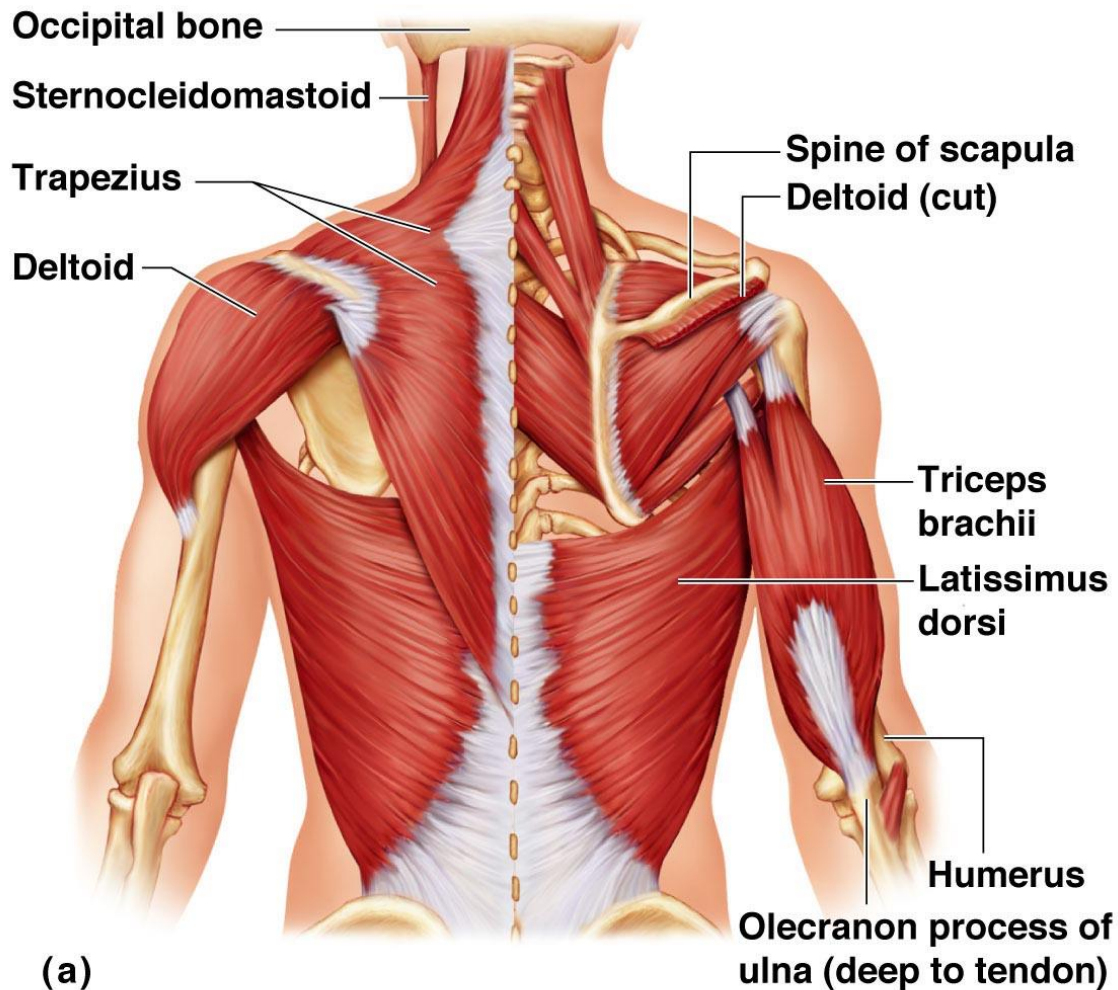
Why is shoulder health important
to a paddler?

What problems can arise?

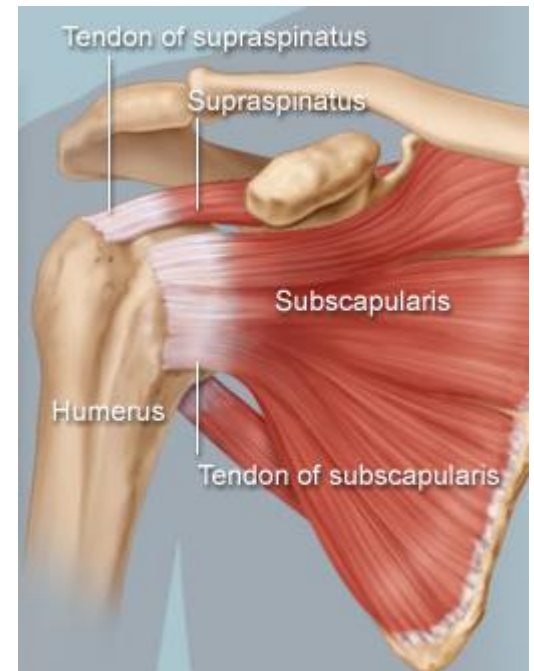
Shoulders need to be

- sufficiently strong
 - sufficiently supple/flexible
 - sufficiently strong across the range of motion
 - ‘posturally correct’
-
- to allow you to delivery you strength in a controlled fashion

Rotator cuff?



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How.....

Simple exercises.....

Do not take long.....

Video

Strength and Posture

WTYI

Low pulls + pushes
(wax on/wax off)

Low + High Flies

Straight arm pulls

High pushes

PRE-HAB

Side Single WTYI

PRE-ACTIVATION

Internal rotation

Standing L flies

External rotation
(Side L flies)

Weight catches

Cross body pulls

Flexibility and Posture

Door frame pec stretch mid

Door frame pec stretch high

PRE-HAB

Assisted pec/delt stretch

Assisted delt/bicep stretch

PRE-ACTIVATION

Pole pec stretch

External rotator stretch

Any questions.....