

“Postural Restoration Techniques to Reduce Shoulder Instability and Tendonitis”

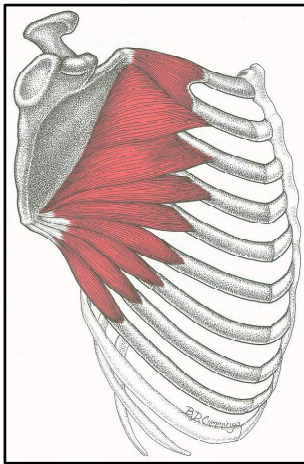
Ron Hruska, MPA, PT

Most Common Volleyball Shoulder Problems:

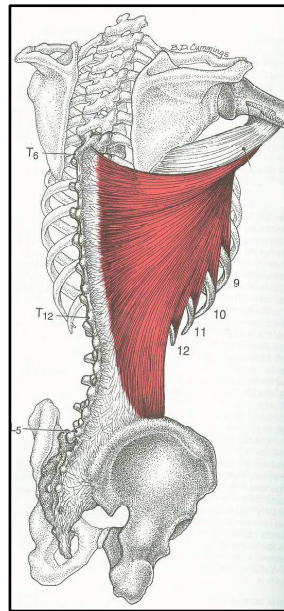
Bicipital Tendonitis
Shoulder Impingement

Most Common Mechanical Issues Contributing to Bicipital Tendonitis:

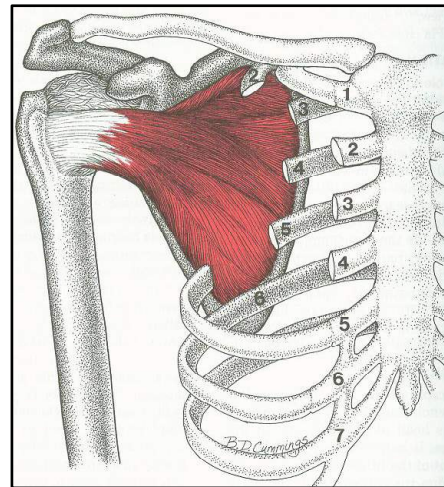
1. Decreased ability to rotate trunk or chest wall to the right.
2. Decreased ability to externally rotate ribs (turn ribs up in the front and retract rib cage (usually on the right) secondary to forward shoulder position and weak serratus anterior muscle.
3. Overuse of the latissimus dorsi muscle for humeral (arm) internal rotation secondary to poor scapular (shoulder blade) position and subscapularis muscle function.



*Serratus Anterior
Muscle*



*Latissimus Dorsi
Muscle*

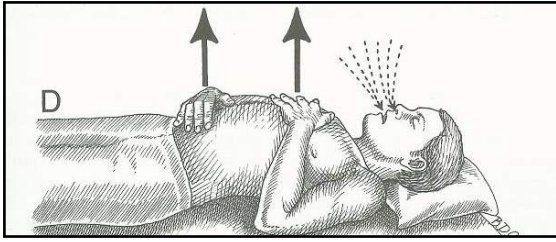


Subscapularis Muscle

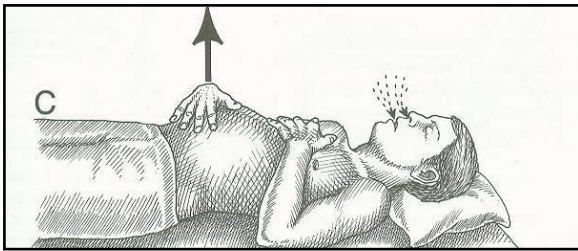
Reference: Travell J and Simons D. *Myofascial pain and dysfunction: the trigger point manual, upper half of body. Volume 1. Williams and Wilkins.*

Most Common Mechanical Issues Contributing to Shoulder Impingement:

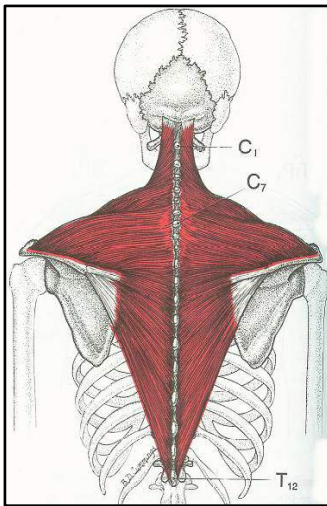
1. Poor ability to expand rib cage with diaphragmatic breathing.



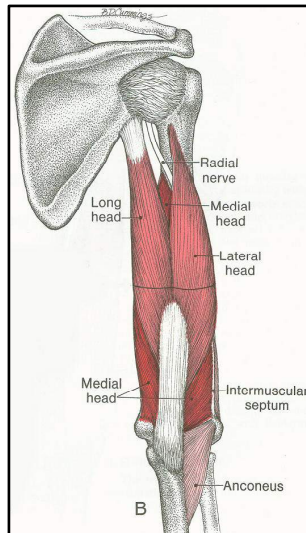
2. Poor ability to co-contract abdominals upon inhalation.



3. Weak low trap and long head of the tricep (usually on the right) resulting in winging and anterior tipping of the shoulder blade.



Trapezius Muscles



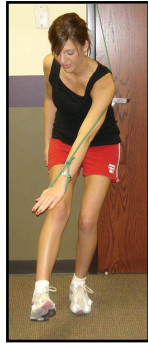
Triceps Muscles

Reference: Travell J and Simons D. Myofascial pain and dysfunction: the trigger point manual, upper half of body. Volume 1. Williams and Wilkins.

Above lists also contribute to intra scapular weakness or weakness of the muscles between the shoulder blades.

Postural Restoration Techniques for Bicipital Tendonitis

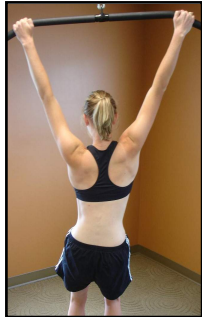
1. Standing Passive Left Acetabular Femoral Internal Rotation with Right Trunk Rotation



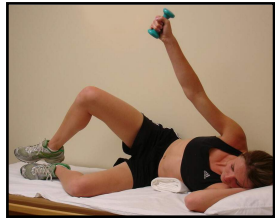
2. Standing Supported Resisted Left Serratus Anterior



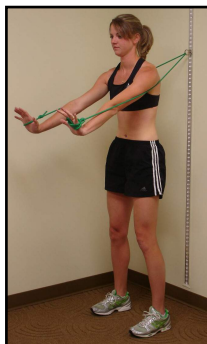
3. Standing Lat Hang with Low Trap



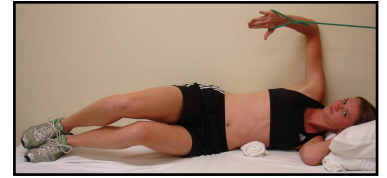
4. Sidelying Right Humeral-Glenoid Horizontal Abduction with Femoral-Acetabular External Rotation



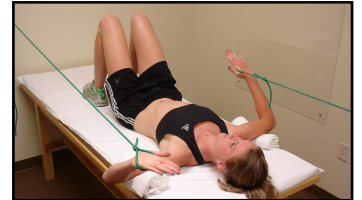
5. Standing Resisted Bilateral Serratus Anterior Press Through



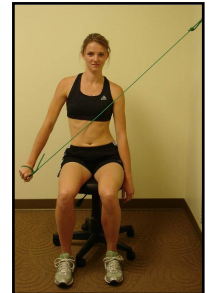
6. Sidelying Resisted Right Humeral Glenoid Internal Rotation



7. Supine Resisted Right Humeral-Glenoid Internal Rotation with Left Humeral Glenoid External Rotation



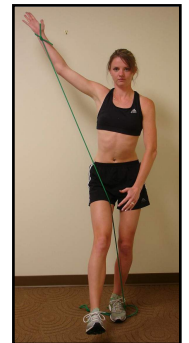
8. Seated Resisted Right D1 Extension



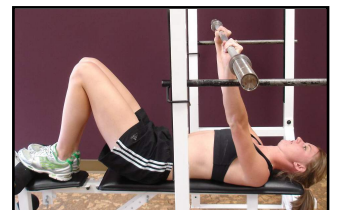
9. Sidelying Right Serratus Punch with Right Trunk Rotation



10. Standing Resisted Right D2 Flexion in PRI Left Single Leg Vertical Balance

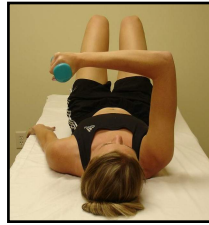


11. Reversed C Push Ups

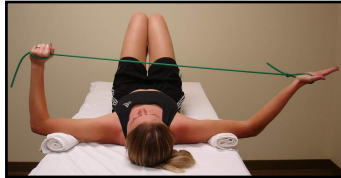


Postural Restoration Techniques for Shoulder Impingement

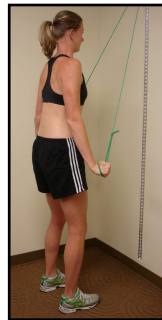
1. Supine Tricep Curls



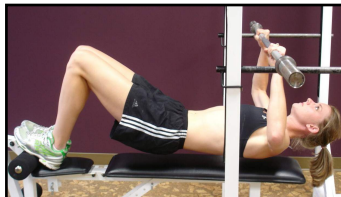
2. Supine Resisted Right Tricep Extension



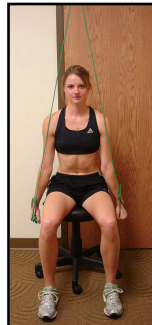
3. Standing Resisted Bilateral Tricep Pull Down



4. Bench Hooklying Thoracic Pull Ups



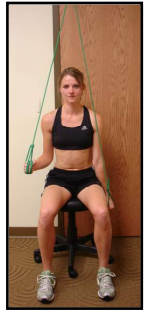
5. Seated Resisted Pull Downs



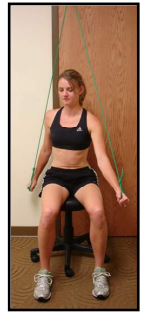
6. Seated Resisted Scapula Pull Downs



7. Seated Resisted Tricep Pull Downs



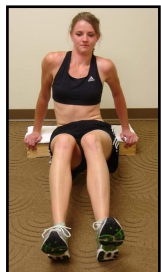
8. Seated Resisted Reciprocal Pull Downs



9. Long Seated Press Down with Abdominals



10. Paraspinal Release with Left Abdominals



11. Prone All Four Belly Lift

