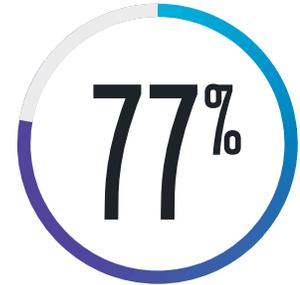


# A GUIDE TO SHOULDER HEALTH

USE THIS GUIDE TO SUPPORT OR WORK TOWARD HEALTHY SHOULDERS.

The shoulder is made up of the clavicle (collarbone), scapula (shoulder blade), and humerus (upper arm bone), and the muscles, ligaments, and tendons that surround them. The shoulder joint is where the humerus attaches to the scapula.

According to the United States Bone and Joint Initiative, **77 percent of all injury-related health care visits in 2011 were for musculoskeletal injuries**. Use this guide to support or work toward healthy shoulders.



## SHOULDER DYSFUNCTION

### 01

#### SHOULDER BLADE DYSFUNCTION.

An abnormal rhythm or movement pattern of the shoulder blade. The arm and shoulder blade should move together in a smooth, coordinated, and consistent pattern. When this movement pattern is incorrect or inconsistent, it increases risk of injury in the shoulder.

##### THE GOAL

*Achieve fluid movement of the shoulder blade in a balanced manner.*

### 02

#### THORACIC IMMOBILITY

The thoracic spine consists of the twelve vertebrae that make up your mid back. Immobility in the thoracic spine, whether from physical limitations or lack of control, will create compensated movement patterns in the shoulder blade and increase injury risk.

##### THE GOAL

*Achieve a range of motion in the thoracic spine that facilitates controlled movement throughout the full range.*

#### THE CONNECTION

When you move your arm overhead, several muscles are working together to help you move. If one of these muscles is working dysfunctionally due to thoracic spine issues, your shoulder blade has increased injury risk. That's why both your shoulder blade pattern and your thoracic spine function are important.

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## 01

### SOFT TISSUE

Use these movements to improve tissue quality and the muscle's ability to perform properly. Apply firm pressure to the specific area.



## 02

### MOBILITY AND STABILITY

Mobility refers to how freely your joints move through a range of motion. The soft-tissue work above helps increase range of motion. Stability is your basic engineering. If your joints don't get into proper alignment or you choose a faulty pattern for executing movement, your body will compensate by stressing muscles that aren't intended for that function.



## 03

### STABILITY AND PATTERNING

Improve your control and the pattern you use for movement. This helps decrease muscle compensations, which decreases your injury risk and increases your performance.

