

Unraveling Muscle Imbalances in the Shoulder



with Rick Kaselj, MS

Rick Kaselj - ExercisesForInjuries.com

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My Story

- BSc - 1997
- MS - 2008 / RC
- Work - physio, studio, gym, rehab
- Courses
- Writing
- Blog
 - ExercisesForInjuries.com



Rick Hiking 4300 km/ 5 months
from Mexico to Canada

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Objectives of the Video Presentation



- **Part 1** - Structure & Movement
 - Bones
 - Joints
 - Movement
- **Part 2** - Exercise for Muscle Imbalances in the Shoulder

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Shoulder Assessment

- **EFI Blog**
 - <http://exerciseforinjuries.com/shoulder-pain-assessment/>
- **Optimal Shoulder Performance**
 - Eric Cressey
 - Mike Reinold



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9 Keys to Unravelling Muscle Imbalances in the Shoulder

1. Breathing
2. Posture
3. Self Massage
4. Mobility
5. Stretching
6. Isometrics
7. Scapular Stabilization Exercises
8. Rotator Cuff Strengthening
9. Shoulder Strength

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#1 - Breathing

- **Linking Breathing with Rehab, Training and Performance with Dr. Jeff Cubos**



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#2 - Posture

• Two Self Tests

- Test 1
 - Poor posture and lift arm straight up
 - Good posture and lift arm straight up
- Test #2
 - Poor posture row
 - Good posture row

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#3 – Self Massage

- Upper traps
- Posterior cuff
- Pec Minor
- Lats



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#3 – Self Massage



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#3 – Self Massage

- **Component #6**
– **Picking the Right Soft Tissue Tool for the Problem with Dr. Jeff Cubos**



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#4 - Mobility



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#4 - Mobility

- **Component #1 – Corrective Exercise Strategies for Athletes (and Meatheads, too) with Tony Gentilcore**



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#5 - Lengthening

- Low
- Tight Elbow
- 90 / 90
- Arm on Wall
- Hand On Wall



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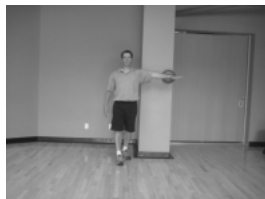
#5 - Lengthening



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#6 – Isometric Exercises

- Scap Stab Small
Ball Series
 - Big I
 - Y
 - T - Thumb
 - T - Pinkie



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#6 – Isometric Exercises



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#7 - Scapular Stabilization Exercises

- Shoulder Tubing Warm Up
 - Big I
 - Y
 - T - Thumb
 - T - Pinkie



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#7 - Scapular Stabilization Exercises



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#8 - Rotator Cuff Exercises

- Effective Rotator Cuff Exercises



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DB Scaption Press Bilateral



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#9 - Shoulder Strength

- Component #2 - Avoiding Common Programming Blunders with Tony Gentilcore



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#9 – Shoulder Strength

- Traditional Strength Exercises

- Shoulder Tubing Warm Up

- Big I
- Y
- T
- N
- Little I



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#9 – Shoulder Strength

- Shoulder Tubing Warm Up



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#9 – Shoulder Strength

- Upper Cut



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Shoulder Pain Solved Program



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Thank You

- Send me your questions!
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