Self Care And Injury Prevention Tips

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Progression
Problems?

- Head too far forward
- Rounded thoracic spine (kyphosis)
- Shoulder blades protracted
- Internal rotation of shoulder
- Shortened chest muscles
- Shortened abdominal muscle
- Tucked pelvis (posterior pelvic tilt)
- Weak glutes (booty)
- Shortened hip flexors

Front gets short and tight, Back gets lengthened
Primal squat

- Noggin in neutral position
- Upright torso
- Knees tracking over (but not beyond) toes
- Feet shoulder width
- Weight on heels
- Strong lumber
- Crease of hips below parallel
Floor toilet
Squatty potty
The Big 3

- Tight hips, weak booty
- Rounded thoracic spine
- Too much internal rotation of upper arm
Tight Hips & Weak Booty

• Weak and tight glute muscles
  - glute max (back)
  - glute medius &
  - glute minimus (side)

• These muscles extend the hip back and help with moving laterally
Glutes extend hip
Roll Glute Medius/Minimus
Foam Roll IT Band
Rounded Thoracic Spine

- Root of forward head issues?
- Root of rotator cuff issues?
- Root of posterior pelvic tilt?
Thoracic Spine Extension

• Bend thoracic around roller, not lumbar
• Push belly button towards the floor
• Work back and forth slowly
• Place foam roller around shoulder blades, don’t go too low
• Don’t hyperextend the neck
Chin Tuck
Primary Internal rotators

• Chest (pec major)
• Lats
• Subscapularis (rotator cuff)
• Teres major

External rotators

• Rotator cuff
• teres minor
• infraspinatus
Lats (Wings)
Foam Roll Lats
Chest muscles

**Pec Major**
- Pectoralis Major
- Clavicle
- Pectoralis Major
- Sternum
- Ribs
- Costal Cartilage

**Pec minor**
- Pectoralis Minor
- Coracoid Process of Scapula
- Pectoralis Minor
- 3rd, 4th & 5th Ribs
Chest stretch

Pec major

Pec minor
Thoracic Spine Extension on Swiss Ball
Lat stretch
Thoracic Spine Extension on Swiss Ball
Chest stretch
Rotator Cuff

- 4 muscles
- 3 external rotators
  - suraspinatus
  - infraspinatus
  - teres minor
- 1 internal rotator
  - subscapularis
Shoulder External Rotation Exercises
Rhomboids
Primary Exercises

Lower Body
- Squat
- Deadlift
- Glute bridge
- Step ups
- Lunge
- Lateral movements:
  - walks
  - clams

Upper Body
- Rows
- Push ups or bench press
- Overhead press-if shoulders are in good shape
Squat
Deadlift
Valgus Knee
Glute bridge
Step ups
Strengthen Glutes
Lat pull down
Push ups
Watch elbow placement
Overhead press

Neutral grip

Overhand grip
Conclusion

- Correct Imbalances
- Use good form
- Listen to your body
- Pay attention to posture
- Strengthen what is weak/ stretch what is tight
- The body tends to refer pain
- Less invasive first?
  - physical therapy
  - massage
  - chiropractor
  - Doctor