

# Self Care And Injury Prevention Tips

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# Progression



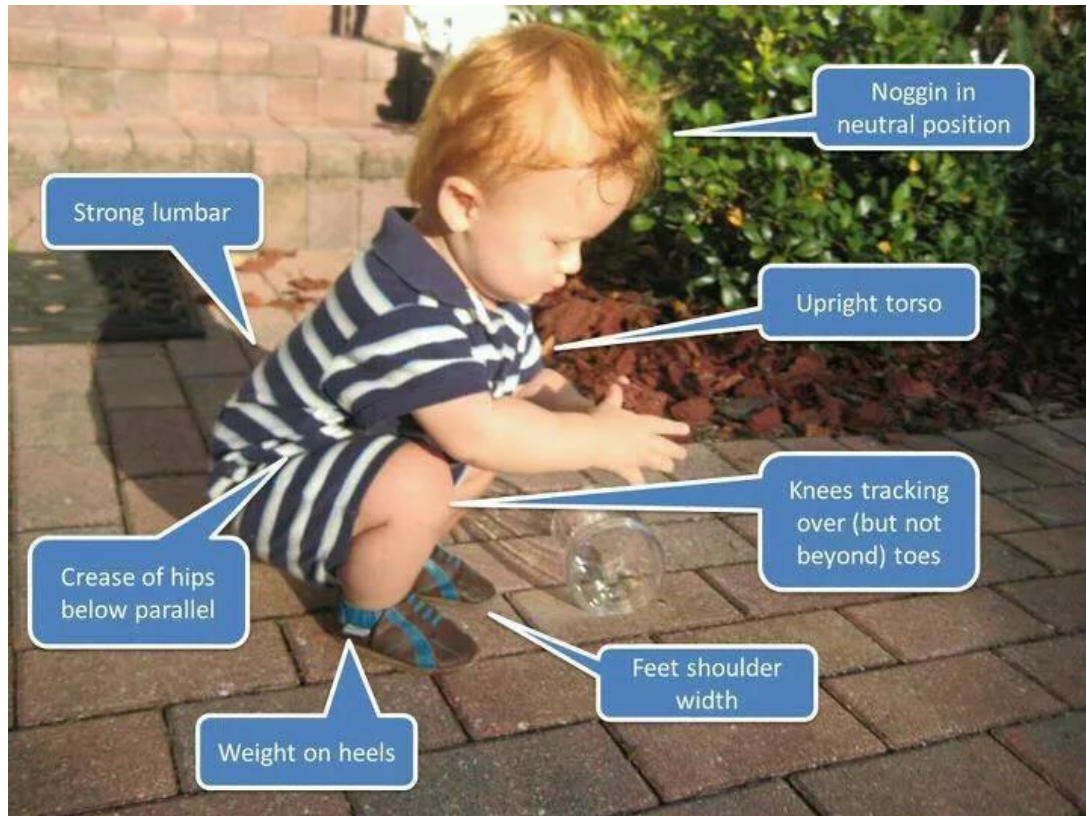
# Problems?



- 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



# Floor toilet



# Squatty potty



# The Big 3

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

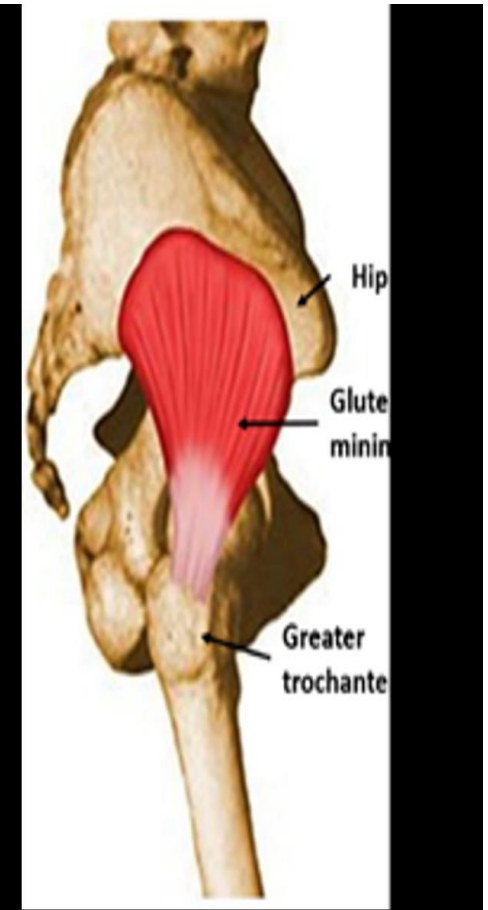
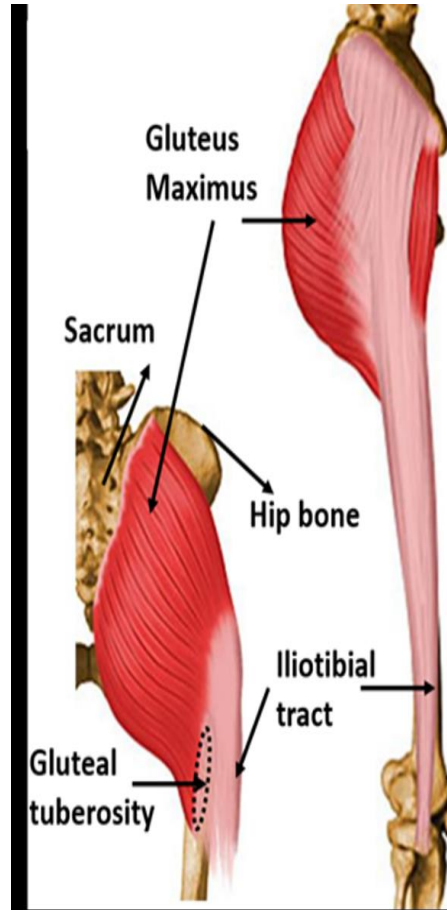


# Tight Hips & Weak Booty

- Weak and tight glute muscles

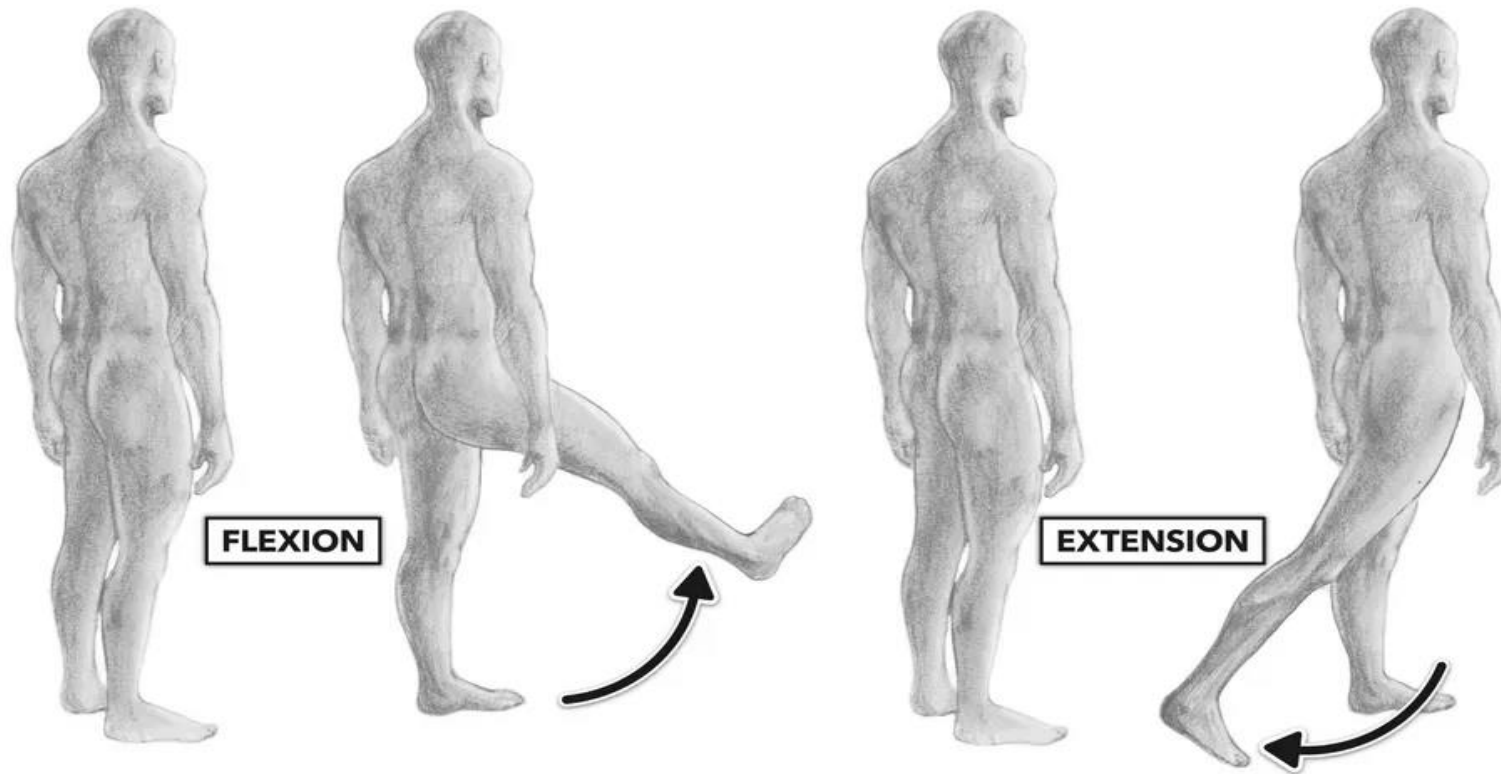
glute max (back)  
glute medius &  
glute minimus (side)

- These muscles extend the hip back and help with moving laterally





# Glutes extend hip



# Roll Glute Medius/Minimus



# Foam roll

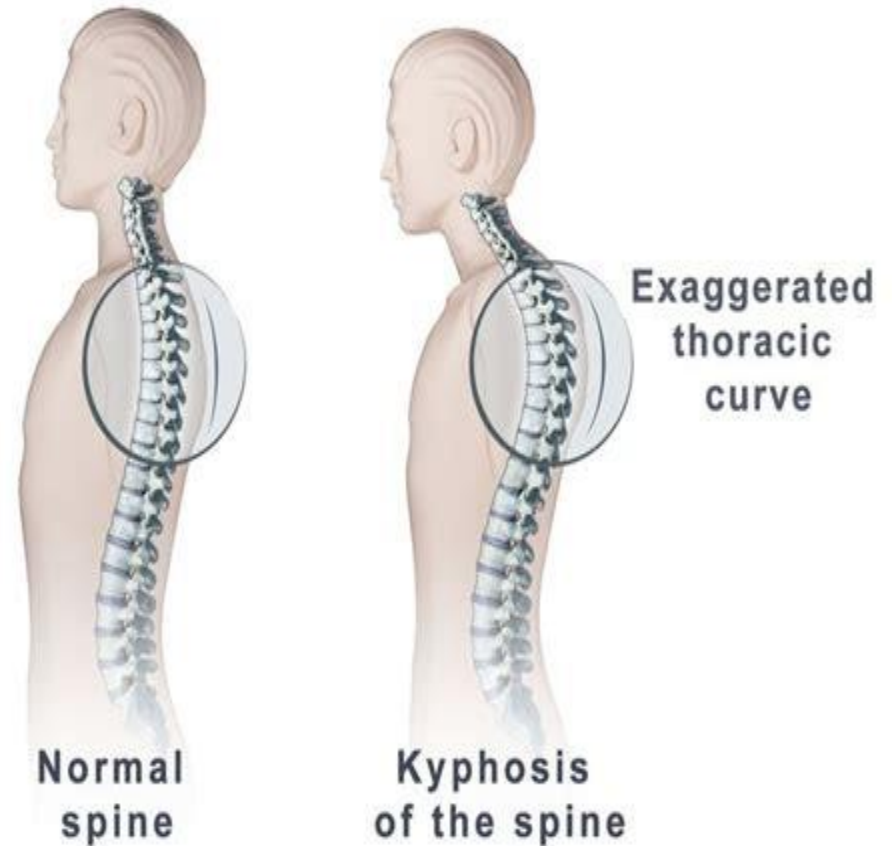


# Foam Roll IT Band



# 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

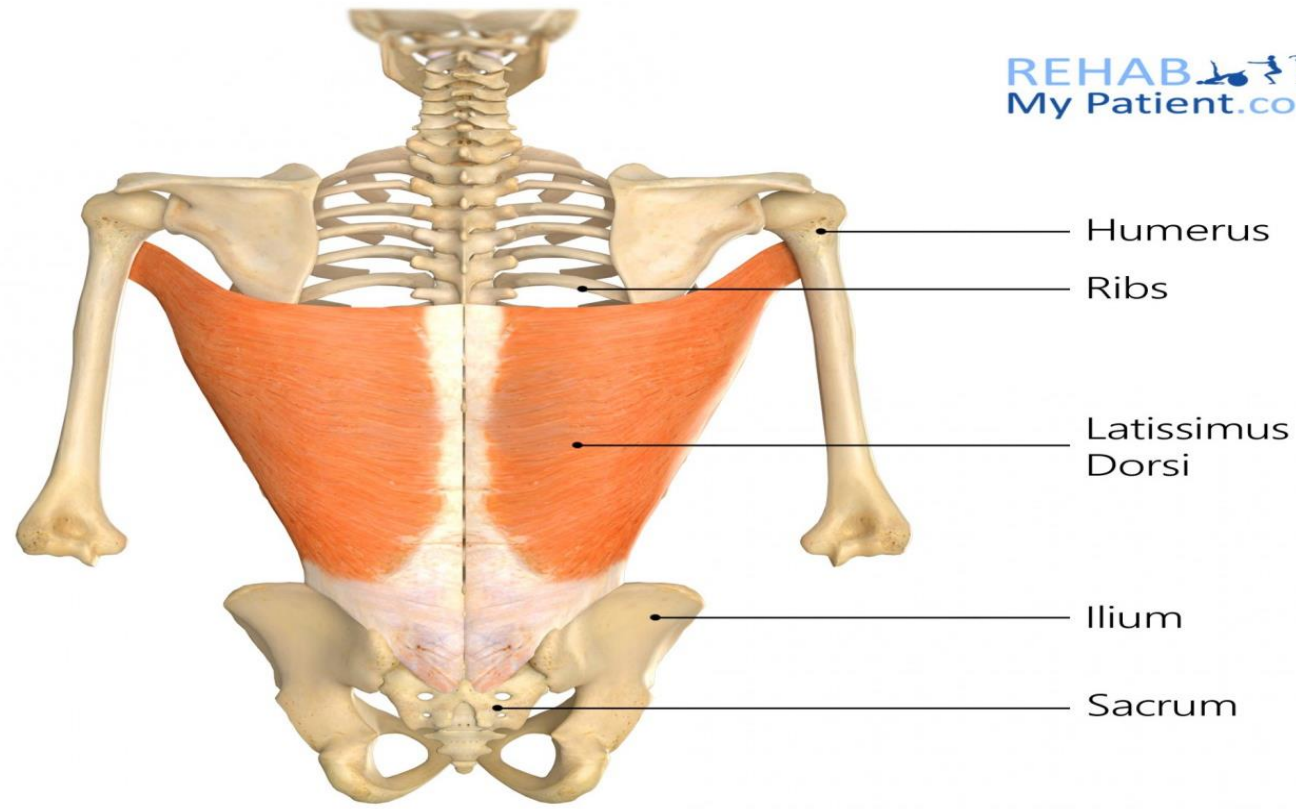
### **External rotators**

- Rotator cuff
  - teres minor
  - infraspinatus



# Lats (Wings)

## Latissimus Dorsi



# Lat Stretch

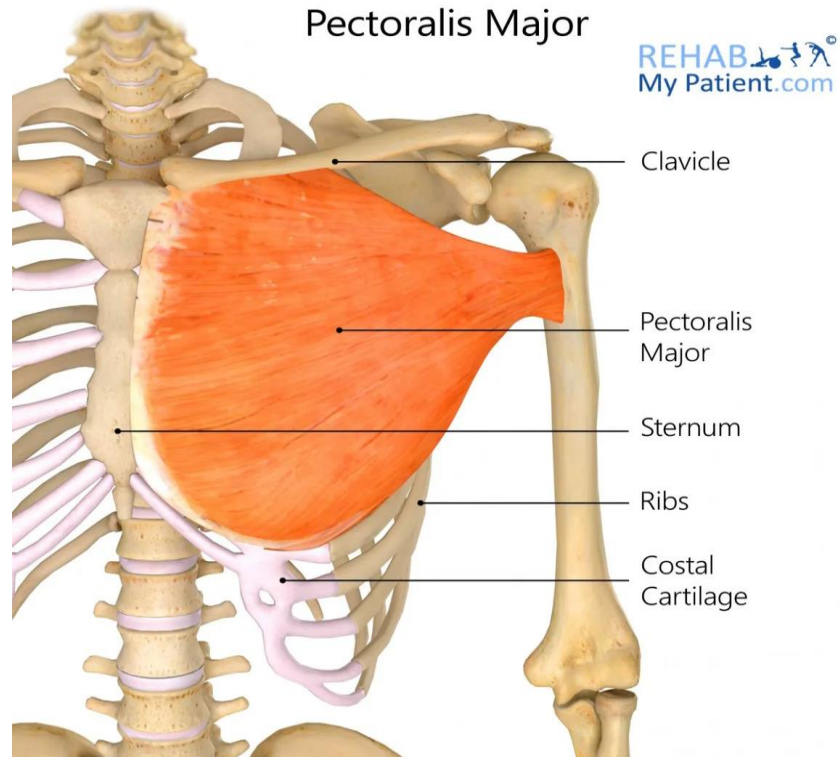


# Foam Roll Lats

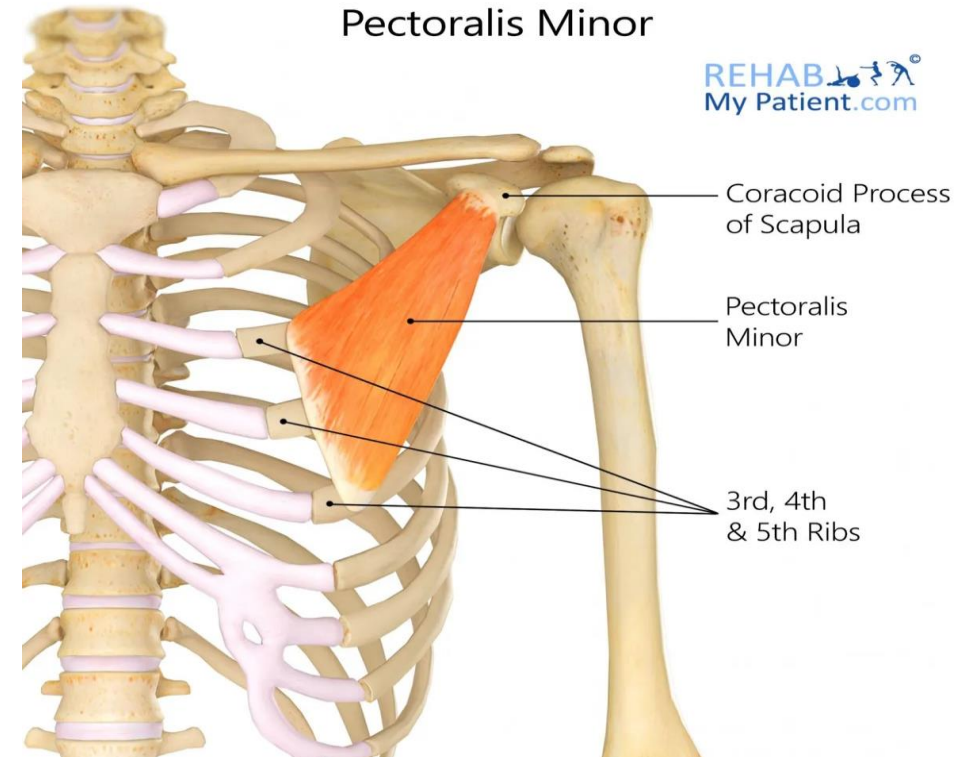


# Chest muscles

## Pec Major



## Pec minor



# Chest stretch

**Pec major**



**Pec minor**



# Thoracic Spine Extension on Swiss Ball Lat stretch

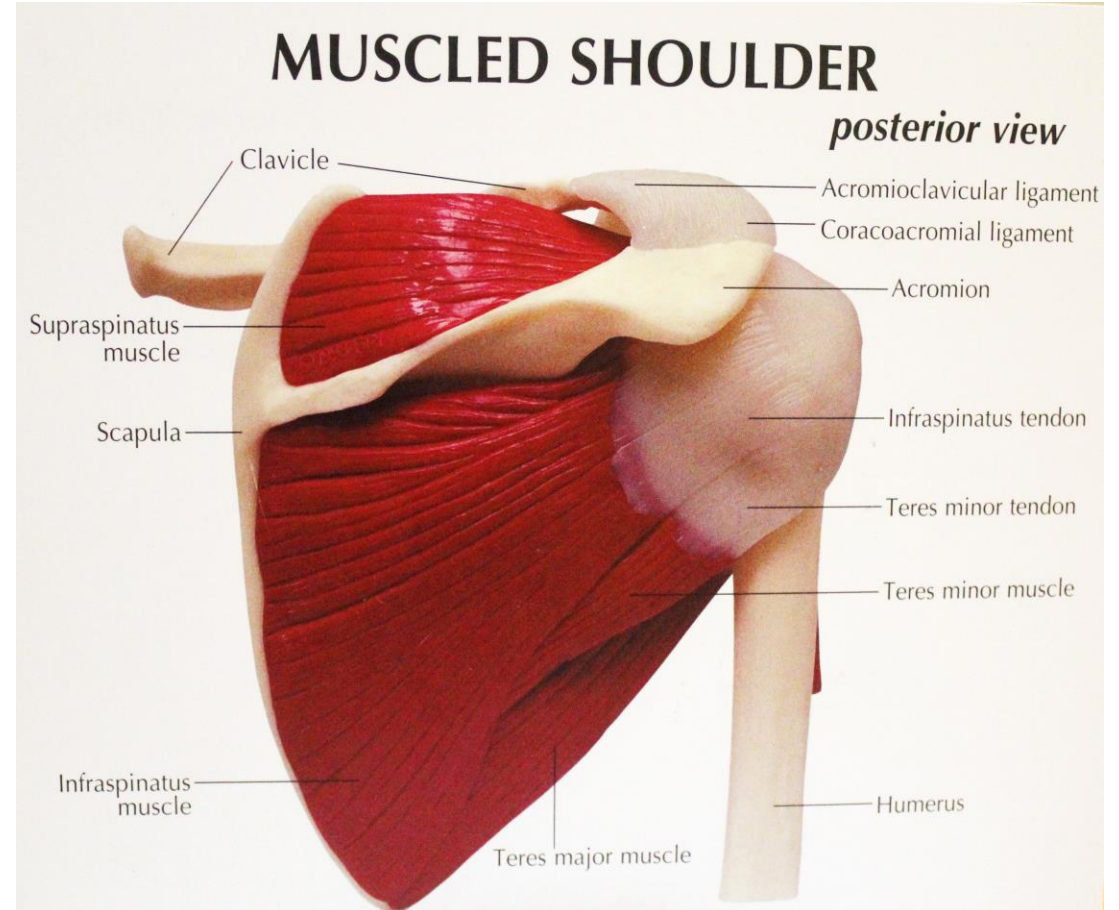


# Thoracic Spine Extension on Swiss Ball Chest stretch



# Rotator Cuff

- 4 muscles
- 3 external rotators
  - supraspinatus
  - infraspinatus
  - teres minor
- 1 internal rotator
  - subscapularis

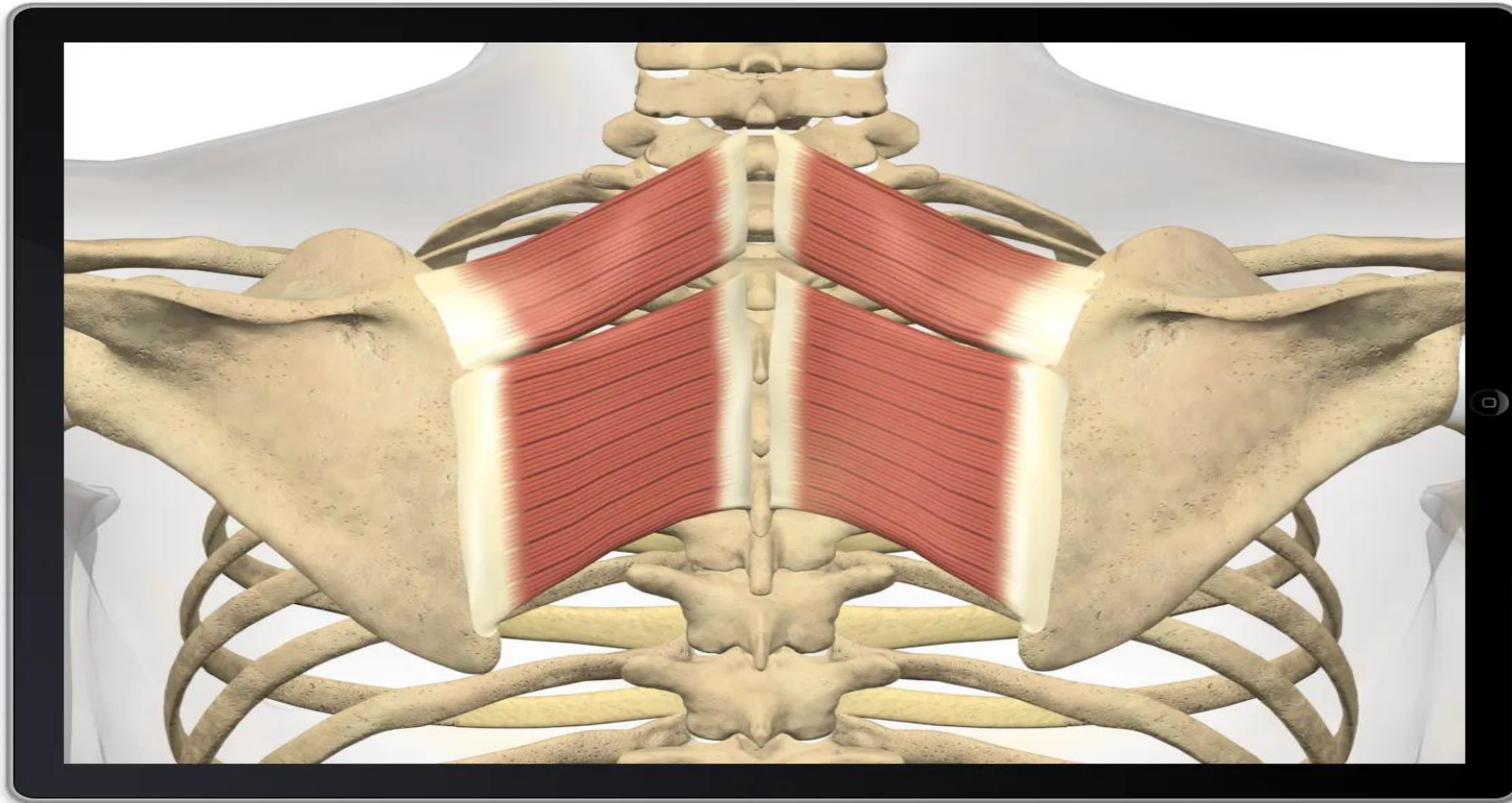




# Shoulder External Rotation Exercises



# 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

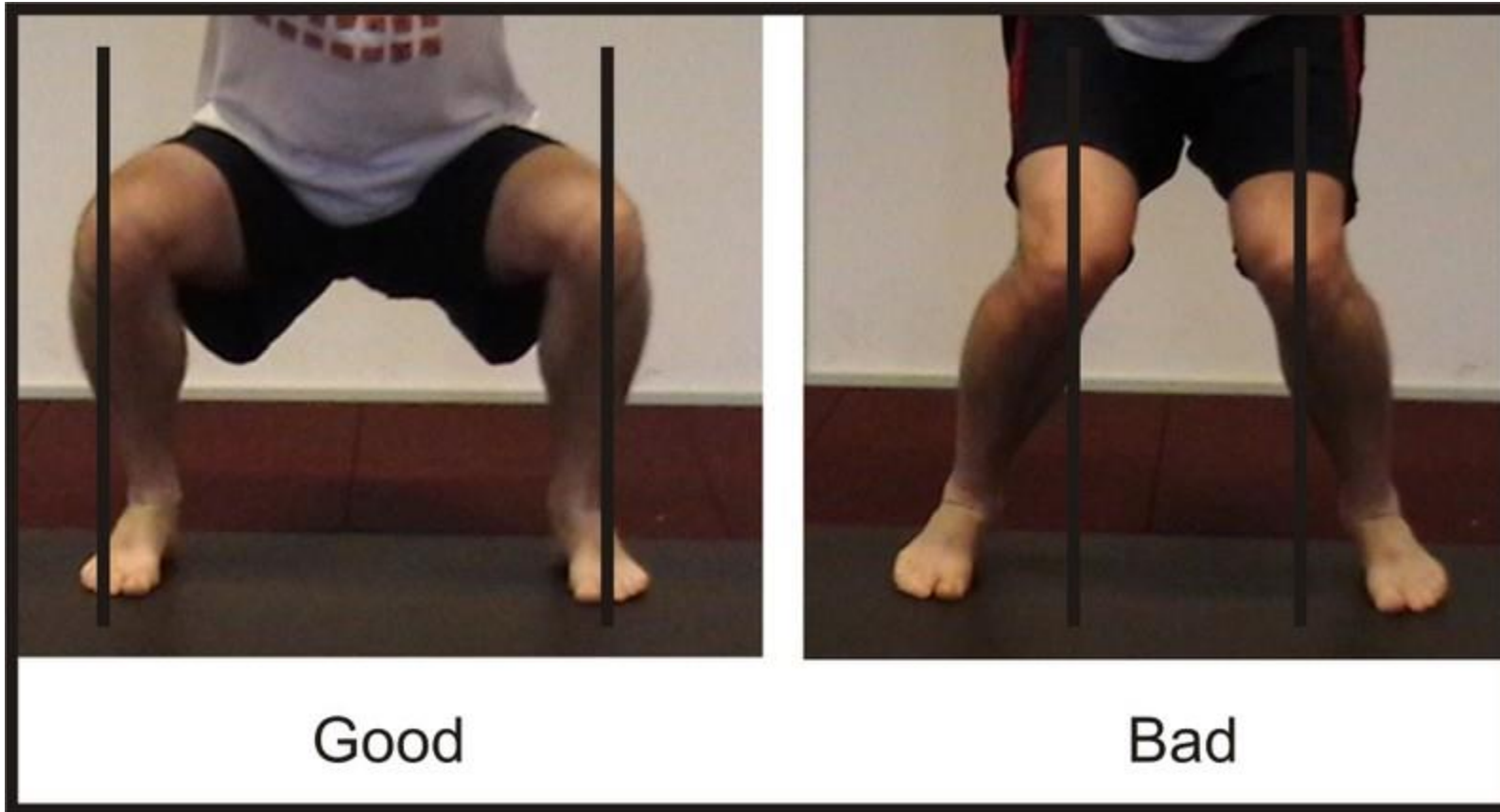
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# Valgus Knee



# Glute bridge

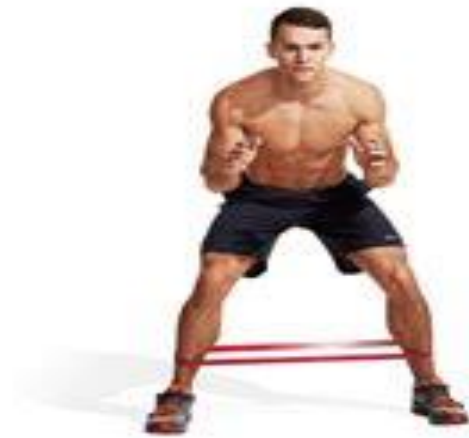


# Step ups





# Strengthen Glutes



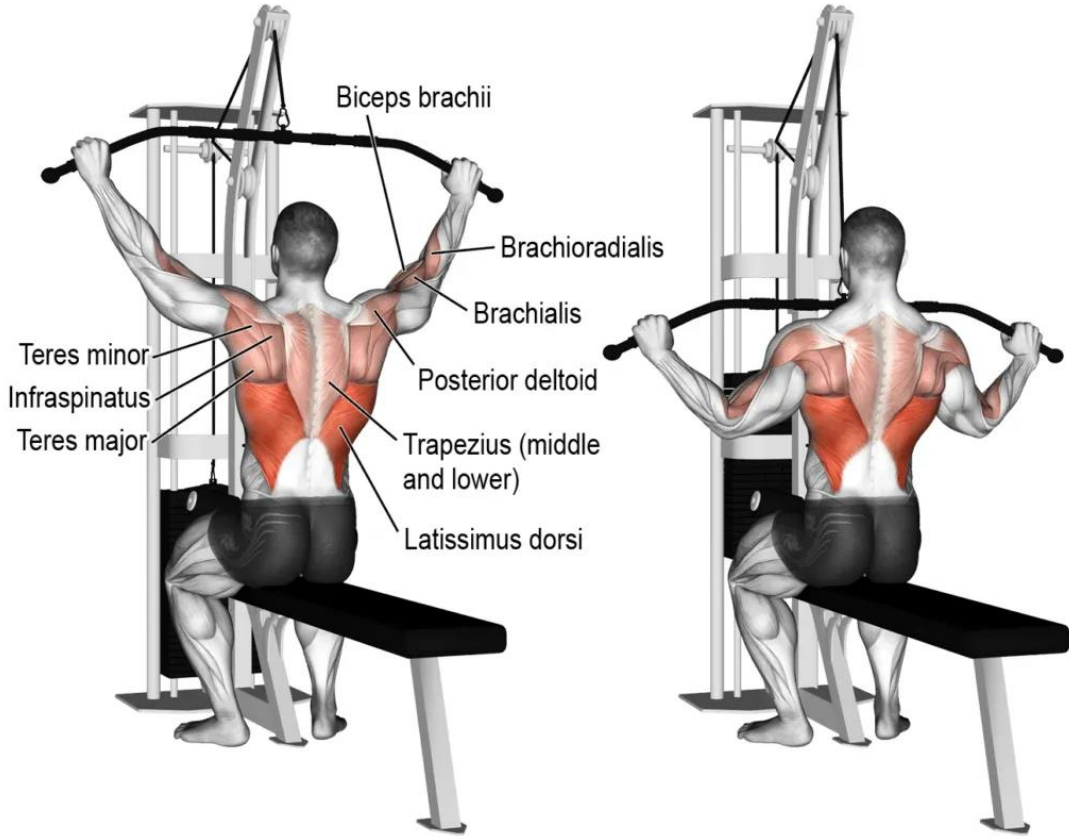
# Clams



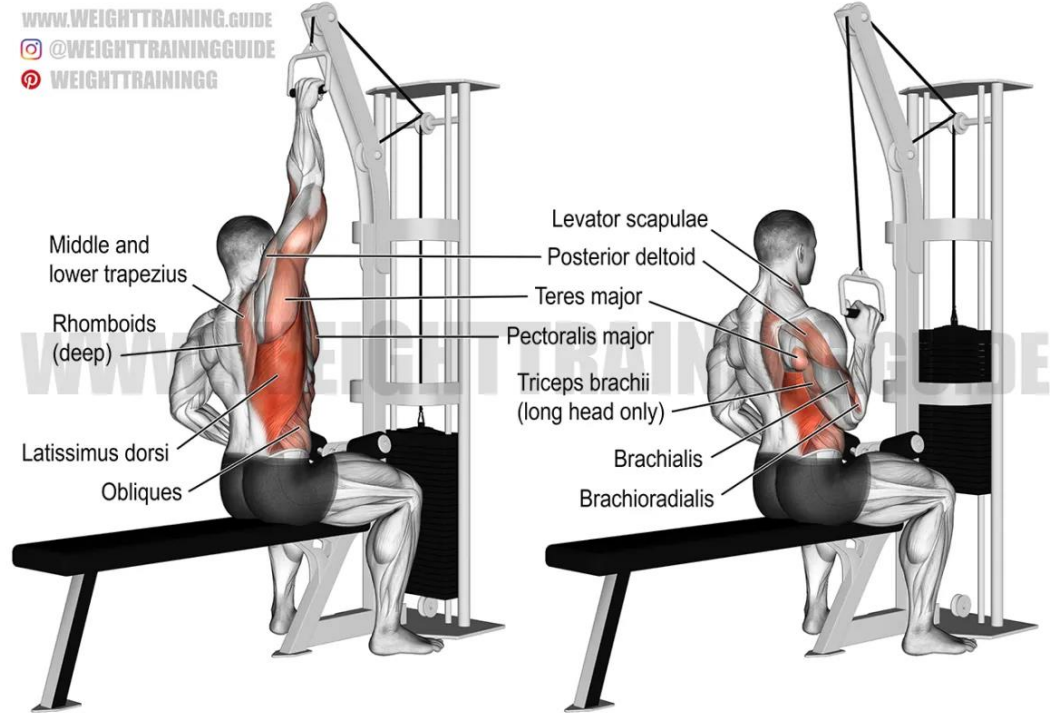
# Rows



# Lat pull down



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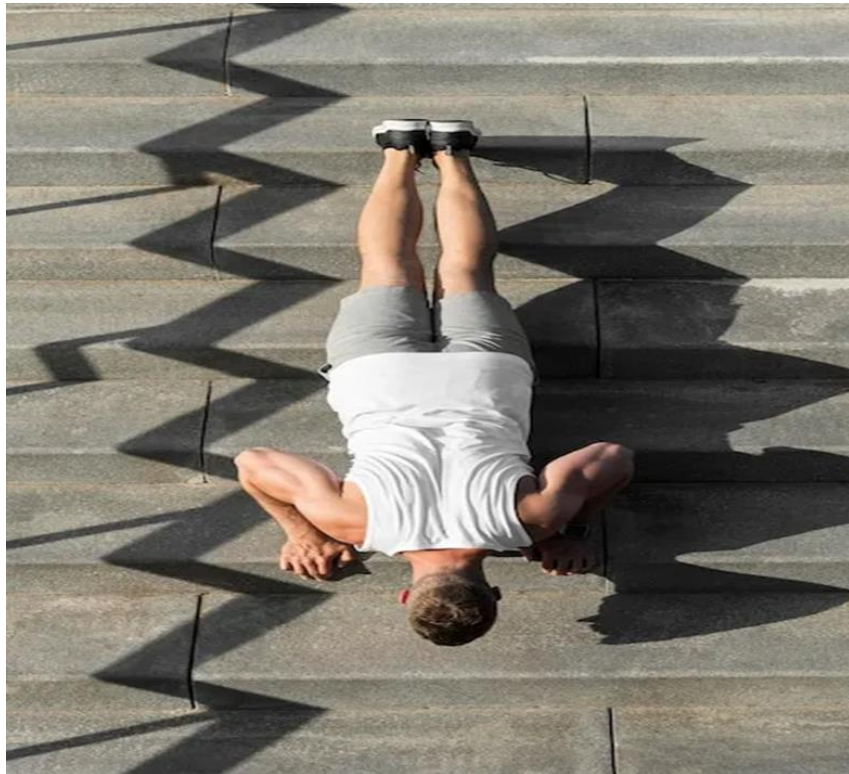


# Push ups



# Watch elbow placement

**arrow**



**T**



# 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

