

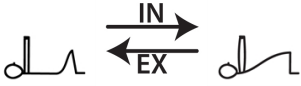

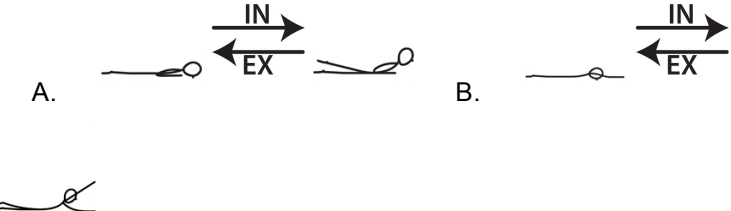


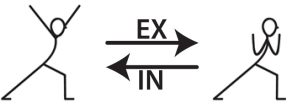
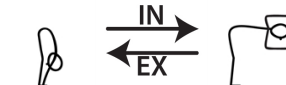
Yoga therapy for the shoulder 3/4

Plan:

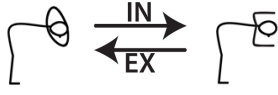
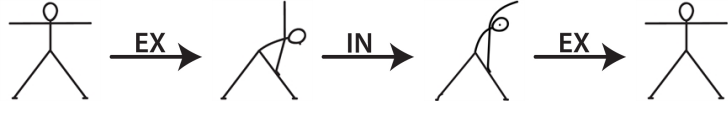
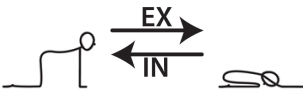
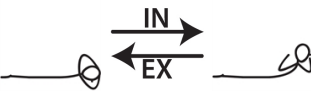
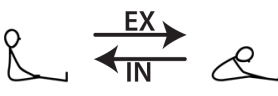
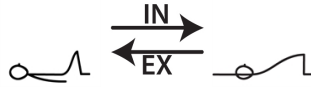

- Learn to access Latisimuss Dorsi muscle on the L side, start working on strengthening it.
- Work with increasing the range of motion in the shoulder without pain

Subjective (client report): "In general my shoulder is feeling better"

- "My massage therapist said that my back on the left side feel very undeveloped";
- "May be I am doing something wrong when I am swimming, because it hurts more afterwards"

1.		4x	To mobilize the spine, particularly the upper back, to gently contract inner shoulder muscles. Feels good for her neck, too.
2.		4x	To mobilize the spine and gently move the shoulders.
3.		A. 2x/each side B. 2x/each side	To use back muscles (esp. upper and middle). We added the arm movement (directly forward, not a sweep yet), she was able to do it without any pain.
4.		4x	To introduce gentle external rotation of the shoulder. She is able to raise the arm up without any pain, but she has to move slowly, she is still hesitant.
5.		3x on each side	To contract the upper back and widen the chest (to stretch Pectoralis major).
6.		3x on each side	To use Latissimus Dorsi for the pulling motion instead of the shoulders. She has hard time feeling the muscles. I had her hold on to my hand and pull on it, while I gave a little resistance. That helped her a lot to find the proper muscles to engage.
7.		3x	To stretch and strengthen the back and prepare for 8.

Yoga therapy for the shoulder 3/4

8.		3x	<p>To use Latissimus Dorsi for the pulling motion instead of the shoulders. I put my hands on her lats to help her feel the muscles.</p>
9.		4x on each side	<p>To mobilize the shoulders and stretch the Lats. She had a full range of motion in her L shoulder. Had no trouble rotating the shoulder along the way.</p>
10.		4x	<p>To stretch the back.</p>
11.		4x	<p>To strengthen Latissimus Dorsi muscles.</p>
12.		4x	<p>To stretch the back.</p>
13.		4x	<p>To mobilize the spine and shoulders (no trouble).</p>
14.		3-5 min	<p>To rest and integrate. It took her a while to get comfortable in arms-out position. There was no pain but she felt guarded.</p>

Additional Observations:

W. has very hard time pulling from her Lats, she is normally uses the tops of her shoulders. We spend the whole session retraining her to pull from underneath the shoulder blade. Having my hands on her Lats is helpful for her to feel the muscles that we are trying to access.

- + When opening doors, to use the left hand and pull with the Lats
- + Watch the muscular activation in ballet and swimming
- + Continue with the practice from last week