

Shoulder therapy 4/4

Plan:

- Focus on internal/external rotation of the shoulder (not the forearm!)
- Strengthening the Lats
- Continue to learn how to use the back to move the arms

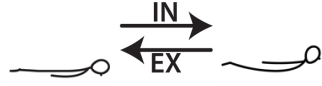
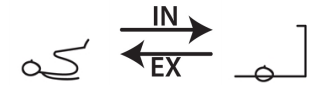
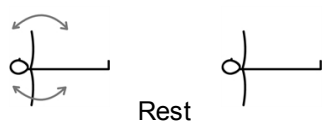
Subjective (client report):

- "I am having much less pain, now it mostly hurts if I do too much (swimming)"; "It's so weird to use my back instead of my shoulder"

W. experiences a significant reduction in pain. She recognizes the importance of recruiting the correct muscle groups. She intends to keep up her yoga practice and pay attention to how she uses her shoulder in day-to-day life.

1.		2x in each position	To mobilize the spine and start rotating the shoulders.
2.		The "hitchhiker" move. Start with thumbs pointing forward, when you move into Virabhadrasana rotate the arms to point the thumbs out and back.	To contract the back and rotate the shoulders She reported feeling a gentle stretch in the shoulders while moving and said her shoulders felt loose and comfortable afterwards.
3.		4x	To stretch and strengthen the back. To use Latissimus Dorsi for the pulling motion instead of the shoulders.
4.		4x on each side	To mobilize the shoulders and continue with int/ext rotation. She still lacks coordination in movement, but has no pain.
5.			To stretch the back.
6.			To strengthen the upper back and Latissimus Dorsi muscles. She seems to have better muscular recruitment in her back.

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7.		<p>Similar "hitchhiking" action as #2. 4x</p>	<p>To externally rotate the shoulders.</p>
8.			<p>To stretch the back and mobilize the arms. No trouble with raising the arms all the way up (a big improvement).</p>
9.		<p>Snow angel arm movement.</p>	<p>To check the range of motion in the shoulders She could move the arms through the full range without pain. Then rest with palms facing up.</p>

Additional Observations:

W. gets confused about rotating the shoulder in awkward positions (like Trikonasana), but feels immediate relief, from this type of movement. The range of motion was much greater at the end of the practice.

Homework Assignment:

To do the whole practice on her own.