



Coming Unglued at the Shoulder

Common Softball Injury (Part I)

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Shoulder Instability...

- o A Thrower's Nightmare... If you can't LOAD then you won't EXPLODE!

I've got a high school softball player in right now, let's call her Becky, who came to me about 6 wks ago with shoulder pain that prevented her from throwing. She felt like her shoulder was "coming out of the socket" when she threw. Becky had an "all-arm" style of throwing...a trunk and hips facing her target early and then WHAM!...an explosive attempt to whip her arm all by itself to throw.

Pain. Poor accuracy. Early fatigue. It all became sitting on the sidelines – watching and not participating.

Becky's a super example of a key concept of Applied Functional Science we call LOAD TO EXPLODE.

The body prefers, no...it demands, that to optimize strength and power needed for explosive movements, that tissues be put on some stretch first. Think of jumping. Just try it. Stand with your knees completely locked straight.

Now try to jump. NOT HAPPENING! You've got to bend down at least a little to prepare those muscles in your hips, knees, and ankles to jump. First you "load" and only then can you "explode". For Becky it was the same deal. She wasn't loading her hips and trunk - her core, well enough.

Helping her get back to throwing included teaching her how to explode better from her trunk and hips by first loading them – turning on the system by going into some stretch first. Balance reach drills, medicine ball twists and diagonals, plyometrics, lunges...all helped remind her core that it had to load first to explode.

One of the keys to a powerful and successful throw

LOAD TO EXPLODE

Putting the system on a slight stretch first "turns on" the muscles for more power!



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