



Coming Unglued at the Shoulder

The Road to Recovery (Part II)

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Shoulder Instability...

- o The Road to Recovery Goes Right Through.....

I just told you in the last blog about “Becky” – my high school softball player who suffered from shoulder instability. When she threw her “all arm” style was chewing up her shoulder ligaments, causing them to stretch out and leave her with excessive and uncontrolled motion that lead to her rotator cuff getting a little bit angry with her.

You might expect that the Road to Recovery had to go right through her shoulder. And absolutely her shoulder needed exercise and it was a key area to address. But putting the microscopic tunnel vision goggles on Becky’s shoulder would have cost her dearly.

Why?

She was a perfect example of what Applied Functional Science calls – **Chain Reaction**. Our bodies are a bunch of interconnected segments that affect each other. Movement or lack of movement and performance at one joint or region can have massive influence in adjacent and even pretty distant regions of the body.

Becky’s successful return to throwing without pain or instability demanded getting her hips and trunk and feet back into her throw. Sharing the demand of the throwing motion with those other segments meant a shoulder that only had to do it’s own fair share of work rather than take up the slack of all those other body parts that were hanging out on the sidelines not participating...and it helped her to “crack the whip” better than ever before!

Success in athletics means you’ve got to

Test and Train your CHAIN REACTION ability

Make sure you invite ALL your muscles to the party!

Rehab and Train for your *Peak Performance!*



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