

MoveWell® WIPE-OUT
Anterior Shoulder Instability

1



Gravity Drop with Rotation

Stand with balls of feet on a 3" high block with feet shoulder width apart, toes straight ahead and heels on the floor. Stick your chest out. Feel the stretch in the back of your legs. Hold this position for 30 seconds. Rotate your shoulders to the right and hold this position for 30 seconds. Repeat rotating to the left.

2



Wall Wash

Stand facing wall with washcloths in each hand at chest level. Perform each of the following for 12-15 repetitions:
 I. Alternately reach each arm up as you shift your weight to that side
 II. Move arms out to the side at chest level
 III. Move arms in an "X" pattern (one arm up and one arm down), return to center and repeat to the other side.

3



Sidelying Angel

Lie on your right side and bend your hips and knees up to 90°. Hold your knees together using your right hand and let your left shoulder blade drop towards the floor with your arm outstretched. Slowly move your left arm in an arc up towards your head and then down by your side. Perform 10 repetitions. Repeat while lying on the left side.

4



Pulley Punch

Stand on one leg with opposite leg serving as a kickstand for balance, grasping pulley handle with same side hand. Hinge & rotate through hip of the forward leg as you allow your upper body to rotate. Focusing on gluteus maximus and quads, push through forward leg at the same time you are punching forward. Perform 3 x 12 repetitions.

5



Four Point Cup Reaches

Begin with your hands and knees on the floor with stack of cups in front of you. With the uninvolved arm, reach for a cup and place it to your side. Continue until all cups are placed in a semi-circle in front of you. Pick up the cups in the same fashion and stack. Repeat 5 times.

6



Walking Lunge with Rotation

Start with feet hip width apart and toes pointed straight ahead. Lunge forward with the right leg as you rotate your trunk to the right. Pull yourself up and forward with the right leg to return to the upright starting position. Repeat while stepping forward with the left leg. Perform 3 x 10 repetitions on each leg.

Anterior Shoulder Instability

What is Anterior Shoulder Instability?

Anterior shoulder instability is the weakness in the front of the shoulder which allows the arm bone to protrude forward out of the socket causing pain and/or discomfort. Sometimes the weakness or bony obstruction can be bad enough to allow a dislocation of the bone from the front of the shoulder usually when the lower half of the arm is extended backward. The biggest complication is recurrence of a dislocation, especially in the youth population, because over time it increases the damage to the front of the shoulder and lessens the likelihood of healing on its own without surgery.

The Why Behind the What

Exercise #1 - Gravity Drop w/ Rotation

This exercise will emphasize stretching of the calf muscles and motion at the ankle necessary for proper body mechanics to slow down motion from the front of the shoulder. When these muscles become tight, it stops the motion at the ankle from happening appropriately; instead, the next structure(s) closest to it will take up the slack to facilitate the motion desired, like the knee or hip.

Exercise #2 - Wall Washes

With subtle posture imbalances, the front of the shoulder could be made vulnerable. An example of a posture imbalance would be an elevated shoulder, which could be caused by the lack of side bending at the upper spine or a tight same side Quadratus Lumborum (the muscle that attaches from your hip to your ribs). This exercise allows a stretch down the side of the body (stretches QL) and re-establishes the side-bending motion necessary in the upper-spine.

Exercise #3 - Sidelying Angel

This is another exercise to open up the upper spine and increase rotation in the area. The end range of this exercise will also stretch the pectoral muscles, which improves posture by keeping the shoulders from rounding forward. Remember to keep your knees together and bent to 90 degrees, and don't let your knees lift off the floor.

The Common Causes of Anterior Shoulder Instability

Typically, anterior shoulder instability initially occurs with a fall on an outstretched arm (arm out to the side and behind the body), during contact sports or activities requiring high-velocity overhead motions such as pitching. A lack of thoracic rotation and opposite side bending, decreased hip mobility and strength and decreased ankle mobility.

Poor posture over a long period of time leads to the instability at the front of the shoulder. With slouching, the shoulder blade is placed in a forward position; this causes the front of the shoulder to become more exposed leading to vulnerability.

Exercise #4 - Pulley Punch

Proper posture is one of the keys to avoiding injury to the body. This exercise teaches the body to rotate at the hips and thoracic spine, and also reinforces glute activation. Improving rotation in the hips and thoracic spine and properly loading the glutes will decrease the change of re-injury to the shoulder.

Exercise #5 - 4 Point Cup Reaches

This exercise is another that will help stabilize the shoulder and increase the musculature and strength surrounding the affected joint. It is important to maintain the stabilizing shoulder in a slightly protracted position, meaning the shoulder should not fall back too far or in, therefore the body stays neutral with the ground.

Exercise #6 - Walking Lunge with Rotation

The walking lunge will strengthen the glute muscles and increase the hip mobility while also increasing thoracic rotation required to alleviate stress from the shoulder.