

Complete Shoulder Conditioning 2.0 – Conditioning for Chronic Issues 2019 Fitness Fest



This session is based upon Dr. Osar's most recent release, *Complete Shoulder Conditioning 2.0* (<https://iihfe.mykajabi.com/p/complete-shoulder-2-0>)

1. Why do so many clients experience shoulder tightness and discomfort as well as chronic neck and upper back issues?

a. It's their _____!

It's how they live our lives, how they exercise (or don't), how they work on the computer, the compensations they have developed from injuries, surgeries, and/or traumas, etc..

And also, from listening to the common information that circulates our industry ☹ .

However, if you keep an open mind and apply the strategies I'll share with you in this presentation, you'll be able to help so many individuals – yourself included if you are currently experiencing shoulder and neck issues – solve their chronic shoulder issues ☺.

2. Improving Function: The Shoulder Complex

- a. The regions:
 - i. Cervical spine and Thorax (thoracic spine and rib cage)
 - ii. Scapulothoracic – scapula sitting upon the thorax
 - iii. Cervical spine and Scapula – Relationship between neck and shoulder

3. The Scapula

- a. What is the optimal position of the scapula?

_____ and _____

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Why is this position so important to shoulder and neck?

What are the 3 muscles most responsible for maintaining this position of the shoulder?

- b. What is the position of the forward shoulder? This is important as this position is the position that causes the most amount of shoulder, neck, upper back, and rotator cuff problems!!!

_____ and _____

What are the 3 muscles that are most responsible for maintaining this position of the shoulder?

Latissimus dorsi: What is it's function and what happens when it is short and tight?

4. Assessment – To determine the impact of your client's posture and movement strategy upon the rotator cuff
- a. Overhead motion: your client should be able to reach up to _____ degrees without their ribs popping up and their spine should not arch off the floor.
- b. ROM: Does your client have greater internal or external range of motion? How do you know? You have to _____.
- i. IR: should be about _____ degrees
- ii. ER: should be about _____ degrees

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5. The ***Integrative Movement System™***

- a. *A proprietary and systematic approach to identifying and addressing your client's posture and movement habits and helping them develop an optimal and efficient posture and movement strategy.*
- b. 3 Guiding Principles: The Foundational A, B, C's
 - i. A_____ : must align the thoracopelvic cylinder, then the shoulder.
 - ii. B_____ : breathing recruits the proper respiratory muscles and helps align and stabilize the thorax
 - iii. C_____ : must use the muscles to align and control upward rotation and posterior tilt

6. The ***Integrative Movement System™ Corrective Exercise Strategy***

- a. Corrective exercise strategy for developing more optimal and efficient posture and movement habits and thereby improving shoulder and rotator cuff function.
- b. Release > Activate > Educate
 1. Release – _____
 - ii. Activate
 1. Activate – Upward rotators and posterior tilters of the scapula
 - a. Happy Baby Isometric
 - b. Yoga Block Overhead Iso Pattern or Band Pull Aparts with Pullovers
 - c. Modified Wall Plank
 - iii. Educate
 1. Release chronic gripping

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2. Align TPC
3. What are best cues?

7. Integrate – The Functional Movement Patterns

- i. Horizontal Pushing and Pulling Patterns
 1. Pushing
 2. Pulling
- ii. Vertical Pushing and Pulling Patterns
 1. Pushing
 2. Pulling

Exercises to absolutely avoid in clients with shoulder or neck issues:

NOTES:

QUESTION: Do you work with the General Population Clients including the Baby Boomer and Senior Populations, Women after Pregnancy or Surgery, or individuals experiencing chronic tightness or discomfort?

Have you been looking for a real-world strategy for improving posture, range of motion, strength and stability in your general population and older clients?

Dr. Osar provides the strategies and distinct ‘perspective’ that health and fitness professionals like yourself need to successively and confidently work with the baby boomer & senior populations, the pre/post-natal and pre/post-rehabilitation clientele as well as individuals with osteoarthritis and joint replacements.

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Early in his career, Dr. Osar recognized that there wasn't a system available to fitness professionals that adequately addressed the specific needs of the general population, especially the older and actively aging adult populations. He developed the *Integrative Movement System™*, the industry's first assessment and corrective exercise strategy that can be seamlessly integrated into the programs that you are already using with success.

Additionally, to provide you with on-going information, tools, and strategies to help you attract and serve more individuals that want and need your services, Dr. Osar and his wife Jenice Mattek, LMT, created *The Institute for Integrative Health and Fitness Education™* (IIHFE). IIHFE is the first on-line resource entirely dedicated to providing the health and fitness professional like yourself that work with the general population a strategy for implementing the most appropriate assessments and corrective exercises into the training programs that you're already using with success.

To receive online resources and to learn more about the certification programs create specifically to help you establish yourself as the go-to specialist in your area in working with the general population with postural and movement issues and to attract more individuals that want, need and will pay you for your expertise, visit www.IIHFE.com and sign up for our FREE blog, *Integrative Movement Insider™*.

THE INTEGRATIVE MOVEMENT SYSTEM™ APPROACH TO POSTURE & MOVEMENT



UPCOMING CERTIFICATIONS:

- **October 4-6**
 - Phoenix, AZ
- **May 30 - June 1**
 - Orange County, CA

www.IIHFE.com/Certifications

DISCOUNT FOR ALL FITNESS FEST ATTENDEES!
THIS WEEKEND ONLY

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