



COUNTERBALANCE FORWARD POSTURE

FOUR STEPS TO PROMOTE BACKSIDE BALANCE AND IMPROVE MECHANICAL POSITIONING

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In our everyday activities, as well as in athletics, most motion is performed in the forward position (ie computer work, lawn mowing, throwing a baseball, spiking a volleyball etc). If the back muscles are not strengthened sufficiently to counterbalance this forward posture, the shoulder joints are placed in a poor mechanical position. In this position, the shoulders will not perform optimally and are at risk of impingement of the rotator cuff tendons. Therefore, counterbalancing forward posture is a basic requirement for a high performing, healthy shoulder.

One necessary component to counterbalance forward posture is developing strong scapular muscles to stabilize the scapula (shoulder blades) placing them in a neutral position. Neutral position of the scapula is retracted back (good posture) without visually seeing the medial (inner) border or the inferior angle (bottom) of the scapula. Another component of counterbalance is a thoracic spine (back bone between the neck and the low back) that can extend (straighten), and rotate (turn). If the athlete has a rounded spine in between the shoulder blades, this causes the scapula to protract (round forward), which puts the shoulder joints in a poor mechanical position.



CROSSOVER SYMMETRY
ADVANCED ROTATOR CUFF AND SCAPULAR STRENGTHENING SYSTEM

Counterbalance Forward Posture by performing the following exercises:

1) T-Spine Extension on a stability ball

Lie on your back on a stability ball arching thoracic spine into extension. The athlete should put his head on the ball and rock back so the head is upside down, and the low back is touching down on the ball with legs spread apart for balance. The arms spread overhead and allowing gravity to take them toward the ground, causing a stretch to the chest. Hold this position for 3-5 minutes.

2) Cobra

Lie on your stomach push up the top half of your body until you have straight elbows, allowing the back to arch backward and the stomach to remain on the ground. Exhale, pause five seconds and then lower until you are flat on the ground. Do this 10 times.

3) Weighted Opposites on a stability ball

Holding 2-5 pound weights in each hand, lie on your stomach with a straight back over a stability ball with only the hands and the feet touching the ground. Low back should be slightly arched. Lift one leg straight behind you and the opposite arm straight in front of you. Hold this position 5 seconds and then do the opposite side. Start with 20 times each side and progress to a total of 100 times.

4) Crossover Standard Workout

Perform the Crossover Symmetry standard workout twice. This will target additional scapular stabilizers and postural muscles needed to counterbalance forward posture.

OUR CLIENTS



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