



Shoulder Strengthening for Throwing Athletes

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This article is part of the “Ask an Athletic Trainer” series developed by the USQ Risk Management Team. After a year of being sequestered in our homes we are anxious to return to doing the things we love. One of the things we love is quidditch and the high pace of the game requires a certain level of fitness. With that in mind the following sections provide a blueprint for a gradual return to match cardiovascular fitness. **NOTE:** Prior to beginning any fitness program, please consult your physician, especially if you have a history or cardiovascular (heart) or respiratory (lung) dysfunction.

For questions about the information listed below, email the USQ risk management team at riskmangement@usquidditch.org.

Overview

The exercises in this program are designed to improve shoulder stability and strengthen the rotator cuff and shoulder girdle. Weights are not needed for the exercise presented, however if the exercises become easy an athlete can simply increase the hold time or repetitions.

Shoulder (Pectoral) Girdle

The shoulder girdle consists of shoulder blade and the muscle that attach to it. These muscles include the lower and middle trapezius, rhomboids, serratus anterior, and pectoralis minor (Figure 1). Proper activation of each of these muscles helps to control the movement of the shoulder blade and the arm is performing a throwing motion.

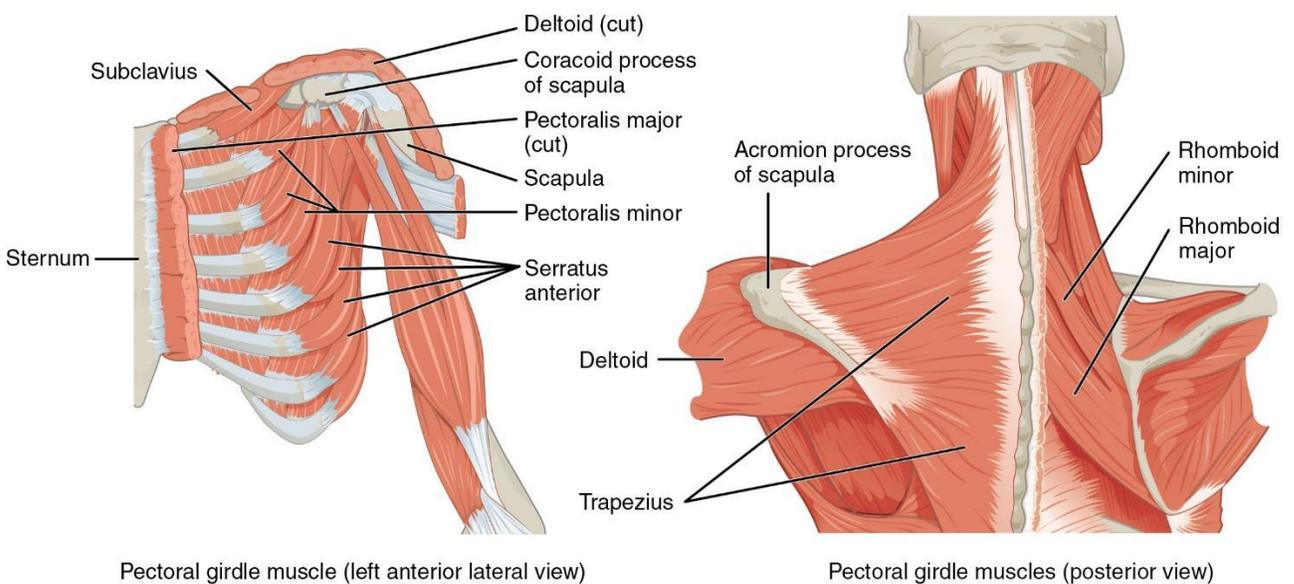


Figure 1

Use the QR code to access the shoulder girdle and rotator cuff exercises.



Rotator Cuff

The rotator cuff is composed of 4 muscles: the supraspinatus, infraspinatus, teres minor, and subscapularis (Figure 2). These muscles stabilize the glenohumeral joint (shoulder joint) during overhead throwing motions because the anatomy of the joint makes it susceptible to dislocation (Figure 3).

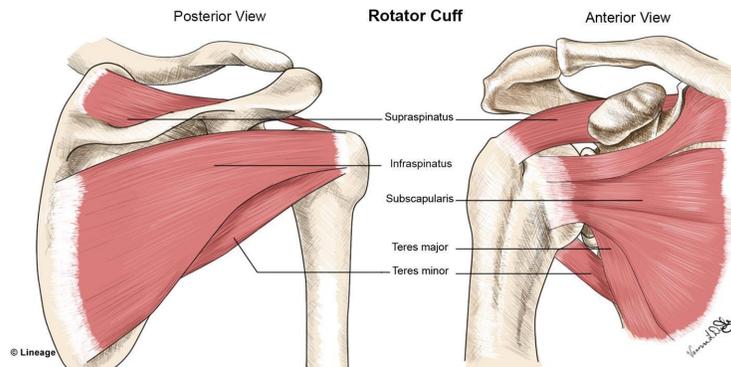


Figure 2

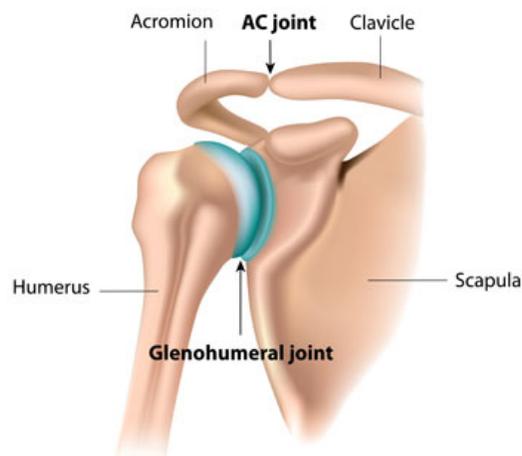


Figure 3

Use the QR code to access the shoulder girdle and rotator cuff exercises.

