Shoulder strength exercises pdf

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Injuries, unfortunately, can be a common occurence for anyone spending enough time in the gym. Whether your goal is to lose weight, transform your body or to finally get a six-pack, there are more ways to get injured than you realise. (Related: How to end shoulder pain from lifting) Incorrect form — at its most deadliest during deadlifts, squats and bench-presses — is the most likely culprit for injury, alongside lousy gym kit and weights that are far too heavy. Even the humble treadmill, oddly enough, admitted the most people to A&E in 2017. (Related: Should I exercise through pain?) Almost 47 per cent of the UK population will experience shoulder pain at some point in their life. And, with more and more of us lifting weights each year, it means one thing — it's time to wise-up on your weightlifting knowledge to prevent any further injury to your shoulders, deltoids and rotator cuffs. Below, we detail a trio of shoulder exercises that deserve no place in your muscle or weightloss programme. (Related: Arms and back exercises to avoid) 3 shoulder moves to stay clear of 1. Upright rows While upright rows are one of the most common sights on gym floors, they can be a fast-track ticket to injury if performed with sloppy form. Rack the bar too heavy or wrench the barbell/dumbbells up too fast, and you're putting yourself at risk of shoulder problems, neck pain and bicep pains. Working your front delts on shoulder day may be unnecessary too, as pressing exercises — like a bench press, overhead press and press-ups — already take care of it. Spend your time mastering a power clean like a pro instead. (Related: 7 of the best moves for bigger, stronger shoulders) 2. Behind-the-neck military press This old-school lift may look impressive on shoulder day but the risk, almost certainly, isn't worth the reward. The behind-the-neck military press places your shoulders in a vulnerable position for your shoulder girdle — the bones connecting the skeleton to your arms — while seriously stressing your rotator cuffs. Stick to a seated dumbbell shoulder press and thank us later. (Related: How to eliminate press-up shoulder pain) 3. Behind-the-neck pulldown Similarly, this bodybuilding staple deserves no place in your routine. Instead of strengthening your shoulders, it could make your joints unstable and over-stretch tissues that are there to protect them. Don't be tempted to blame your bench press — we have three fixes to that, right here — on this one and leave it behind. Exercises for the shoulder and back Medically Reviewed by Louise Chang, MD on December 08, 2009 Your shoulders are involved in almost every movement of your arms. So you get plenty of opportunities to exercise them. But building back muscles requires more attention. Sure, your back muscles are at work whenever you're standing, but challenging them with resistance requires movements you don't make every day. For example, how often do you row a boat?Rowing is an excellent way to build your back muscles. Gyms make this easier with a variety of machines that mimic the rowing motion. In rowing machines, you sit as though in a rowboat and pull a bar attached to weights toward you. This motion also requires you to push against a bar with your legs. Somerowing machines allow you to sit and pull a bar toward you, working your back muscles exclusively.The lat pull down machine requires you to pull a bar downward behind your back, exercising your latissimus dorsi, or lat muscles, which extend from beneath the shoulders to the rib cage. These are the muscles that give bodybuilders the "V" shape they prize.One-arm dumbbell rows are a safe, simple exercise for developing shoulder and upper back muscles. Place your left knee and your left hand with your left arm fully extended on a bench. Make sure your spine is almost parallel to the ground. With your right hand, lift a dumbbell, keeping your forearm at your side. (Don't lift the dumbbell toward your chest.) Use a weight that allows you to repeat this motion 8 to 12 times. Repeat with the other arm.An exercise that works the deltoid muscles at your shoulder is the shrug. Hold a barbell with your arms straight down, or hold a dumbbell in each hand, and then shrug your shoulders. This may sound easy, but with enough weight you will feel your muscles fatigue very rapidly.While weight lifting has long been associated with bodybuilders and athletes, it is essential for slowing the loss of muscle mass that is an inevitable part of aging. Studies have found that even extremely old people — 100 years old and more — benefit from lifting weights. "Resistance training remains the most effective intervention for increasing muscle mass and strength in older people," says Stephen E. Borst, PhD, of the Geriatric Research Education and Clinical Center of the Veterans Administration Medical Center in Gainesville, Florida.The secret is to keep increasing the weight as your strength increases."I would recommend doing two or three sets of 8 to 12 reps," says Gary R. Hunter, PhD, director of the physiology lab at the University of Alabama. "When you can do that, increase the weight. That's the main advantage to resistance training — you can increase the resistance. They used to call it 'progressive resistance training' — you can increase the weight in small increments and allow your body to make adaptation to new stress."Resistance training has multiple benefits, according to Justin Keogh, a senior lecturer at the Institute of Sport and Recreation Research New Zealand, in Auckland. "Aerobic exercise is useful," he says. "It can increase energy expenditure, result in fat loss, and improve cardiovascular fitness. However, if you wish to increase muscle and bone mass, as well as muscular strength, power, and endurance, weight training is the best option." © 2008 WebMD, LLC. All rights reserved. View privacy policy and trust info Infographic:7 Causes of Pain Under YourShoulder Blade(larger view) Any type of arthritis in the shoulder can cause severe shoulder pain and limit mobility, making physical activity challenging. However, not exercising the shoulder can result in muscle atrophy, joint instability, further joint degeneration, and possibly a frozen shoulder (adhesive capsulitis). Under the guidance of a health professional, many people with shoulder arthritis can benefit from a comprehensive program of shoulder exercises that includes: Shoulder stretches to encourage flexibility in the shoulder joint and surrounding muscles; Shoulder strengthening exercises designed to build muscle around the shoulder, including the scapular stabilizing muscles, and Low impact aerobic workouts, which promote a healthy blood flow throughout the body, including the shoulder joints. advertisement This article provides specific sets of exercises for shoulder stretches, strengthening, and low impact aerobic activities for those with arthritic shoulders.Learn about the symptoms and treatments for: Benefits of Shoulder Exercises View Video: Is Arthritis Pain an Inevitable Part of Aging? Stretching and strengthening exercising together with aerobic workouts can provide multiple benefits, including: Reduces pain. Exercise strengthens muscles, and stronger muscles provide better support to joints. One danger of shoulder arthritis is that the individual avoids activities that cause pain or discomfort, causing shoulder muscles to atrophy. By strengthening the muscles surrounding the shoulder, including the rotator cuff and scapular stabilizing muscles, the shoulder's glenohumeral joint becomes more stable. This stability can help prevent bone dislocation as well as protect bones from impact and friction, thereby reducing pain. Exercise also releases endorphins, the body's natural painkillers. Increases range of motion and function. Shoulder pain can discourage a person from being active, thus compounding the problem of joint pain with stiffness, which leads to increased pain. Regular exercise will help keep the shoulder joint and surrounding muscles limber, thereby increasing shoulder function. Supports healthy cartilage. Joint cartilage needs motion and a certain amount of stress to stay healthy. Synovial fluid is stored in cartilage like water in a sponge. When the joint is used, the synovial fluid excretes from the cartilage and delivers nutrients and lubrication to the joint. Synovial fluid is also thought to encourage a healing environment for the joint, thereby reducing inflammation and supporting healthy joint function. See What Is Cartilage? Helps with weight loss. Exercise combined with a nutritious, low fat diet can help shed pounds. While weight loss is not as crucial for people with shoulder arthritis as it is for people with arthritis in weight-bearing joints (e.g. knee), weight loss can improve overall health and mobility, making shoulder arthritis easier to bear. Helps maintain function. Chronic shoulder pain can prevent a person from doing day-to-day tasks or participating in sports and recreational activities. The limitations in everyday activities can be frustrating and sometimes depressing. Exercise - along with perhaps physical modifications - can help those with shoulder arthritis return to many of the activities they love, and engage in everyday routines. advertisement Preparing for Shoulder Exercises An individual should always work with a health care provider to design an exercise plan that meets his or her specific needs and physical challenges. A well-tailored warm-up and post-workout routine will help maximize the benefits of stretching, strengthening and exercise while minimizing the possibility for pain or injury. Warm up: Any exercise routine should typically be preceded by a 10-minute warm-up activity, which increases blood flow and literally warms up the body, making muscles more flexible. A walk or other slow-paced aerobic activity will help warm the body up. For those with more severe arthritis, gentle range-of-motion activities and a warm compress might also be sufficient. Post workout: After a workout, some people may need to ice the shoulders (a bag of frozen peas will do) and/or take an over-the counter NSAID medication (e.g. Advil, Aleve) to reduce swelling and relieve discomfort. If any pain is felt during shoulder exercises, stop and seek advice from a healthcare professional or an appropriately qualified athletic trainer before continuing.

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