

8 Tips For CrossFit

And The Shoulder/Overhead Athlete



LYMPUS
MOVEMENT
PERFORMANCE

BY: ANNEMARIE ALF, PT, DPT, CSCS, SFMA

#1: MOVEMENT PATTERNS

How to improve overhead stability where athletes typically feel weak during movements such as overhead squats, snatches, and jerks. For most of these athletes, a focus on strengthening the muscles of the upper back for overhead stability is needed.

#2: GLENOHUMERAL POSITION

The diaphragm is the key component to core stability. It has to contract 1st and then the abdominal wall. This is the number one problem lacking in all young gymnasts.

#3: THORACIC/ SHOULDER MOBILITY

Scapular stabilizer activation for upward rotators such as the serratus anterior and lower trap muscles. Typical compensation patterns include overuse of the upper trap leading to possible impingement and a decrease in overhead stability.

#4: THORACIC MOBILITY

extension and rotation are necessary for full Overhead range of motion of the shoulder

#5: OVERHEAD CARRIES

Utilizing various implements and including perturbation or unstable objects overhead, such as a Tsunami bar can improve your overhead strength and stability.

#6: SEGMENTAL EXTENSION OF THE SPINE / NOT A HINGE POINT / RIB CAGE POSITIONING

A focus on overall segmental extension throughout the entire spine is the key; eliminating a specific hinge point which often occurs at the thoracolumbar junction. The rib cage should lower on an exhale breathe for stability and should not be in a flared open position.

#7: CHRONIC/ OVERUSE

Gymnasts train on average of 25 hours per week; performing repetitive extension biased movements with impact with can lead to LBP.

Spondylolysis is defined as a stress or fatigue fracture of the pars interarticularis caused by recurring trauma resulting from repeated flexion and hyperextension and twisting.

#8: PREVENTATIVE

Core-stabilization has to come from the inside out and is controlled via the diaphragm. Athletes need to spend the time to properly activate the core starting with the breath.

MEDICAL DISCLAIMER

This guide is intended for instruction and informational purposes only. The authors are not responsible for any harm or injury that may result. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.