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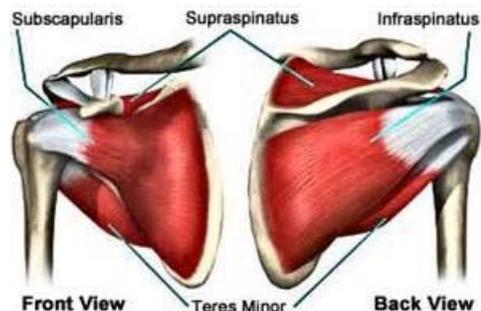
Cuff Coordination

Agility Training for your Shoulder



Jason first noticed shoulder pain in the summer of 2013. The initial symptoms began while golfing and progressed to waking him at night. He made it through the golf season by using ice and Motrin. In December, he visited the doctor

The four muscles that make up the rotator cuff work as a team to keep the large round head of the humerus centered on a very small connection called the glenoid. A good proportional analogy is that of a golf ball balanced a golf tee. The rotator cuff muscles are always working. If you are standing, texting, lifting weights, or carrying a child, your rotator cuff muscle are actively stabilizing the glenohumeral joint. To function properly, your shoulders need rotator cuff muscles with coordination and endurance. The shoulder joint only works properly when the rotator cuff muscles are able to keep the humeral head on the glenoid. The drop and catch exercise (described on page 2) helps develop both rotator cuff muscle endurance and coordination.



and received an injection that eliminated the pain. Unfortunately, on his return to golf in the spring, the pain came back. The pain became so intense he could no longer golf. In August, Jason had another injection and attended physical therapy. His rehab program consisted of several band resistance exercises performed with the arm held close to his side. Jason got better at all of the band exercises, and after six weeks of rest and rehab, he returned to golf. Two rounds of golf later, the shoulder pain returned.

In October 2014, Jason had an evaluation with an orthopedic surgeon, and after an MRI of the shoulder, he was scheduled for a shoulder surgery in late December. Jason told me his shoulder story while at the gym and asked me about the rehab he would have to perform after surgery. My pre-surgery suggestion was to make the muscles around the joint as functional as possible to better his post-surgery outcome. Jason was a strong guy who regularly exercised at the gym. He had shoulder pain while reaching overhead but no pain while the arm was used below 90 degrees elevation. I started Jason on simple shoulder coordination exercises, and the results were very good.

Most patients with shoulder pain have sufficient rotator cuff muscle strength. What they lack is the coordinated control of the rotator cuff muscles through the full range of shoulder motion. Their rotator cuff muscles may work well with the arm held by their side but lift the arm forward or out to the side and control is lost and the humeral head (golf ball) travels off the glenoid (golf tee). This is why traditional resistance band internal and external rotation strengthening exercises frequently fail to improve pain or restore function in many shoulder patients. To improve shoulder joint function you need to challenge rotator cuff control in all aspects of shoulder movement.

(continued on next page)

Rotator Cuff Coordination Training Principles

The Drop and Catch Exercise

1. Do not train to failure. Your rotator cuff muscles are small and fatigue faster than the prime movers of the shoulder. Always stop your exercises well short of muscle fatigue.
2. Do not perform the exercise if it creates pain. The presence of pain will inhibit the development of better motor control. You save the wrong data to the hard drive.
3. Focus on an aggressive grip on the ball. An active grip neurologically wakes up the rotator cuff muscles.
4. Rotator cuff coordination is a skill. You need many repetitions of practice. Perform the drop and catch every day.
5. Make sure you get adequate rest between sets of rotator cuff exercises. Do not rush through this exercise. Perform a set and then rest for a minute and then perform another set.
6. Restoring coordination of the rotator cuff muscles is more important than strength training. If you have been performing rotator cuff strengthening exercise and have not been successful at improving your shoulder function or pain, drop all of the other drills and concentrate on developing better coordination.

A soft weighted ball is the best implement for the drop and catch exercise. If your grip fails and you drop the soft weighted ball you will be less likely to injure you toes. Keep the weight of the ball light-- in physical therapy the heaviest ball we use is three pounds. Never train your rotator cuff muscles to failure. As your endurance improves add more sets of the exercise but make sure you recover fully between sets.

Start with two sets of five in each position and gradually increase to four sets of ten repetitions. If your performance deteriorates-- dropping the ball, losing your posture- the exercise is over. Only practice good quality repetitions.



Video for these exercises can be seen on the Fenton PT and Fenton Fitness youtube channel at:
<http://youtu.be/UQjvEwVqIXM>

Exercise One:



Stand with a small weighted medicine ball in your right hand. Hold the arm in front of the body with elbow slightly below the shoulder and the palm facing downward. Keep the shoulder blade down the back and the chest proud. Open the hand so the

ball escapes your grip and then immediately grab back onto the ball. Perform five to ten steady repetitions.

Exercise Two:



If that position goes well, try performing the exercise on all fours with the arm held up and overhead in what we is called shoulder flexion. The palm should face the floor. Drop and immediately grab back onto the ball. Perform five to ten steady repetitions.

Exercise Three:



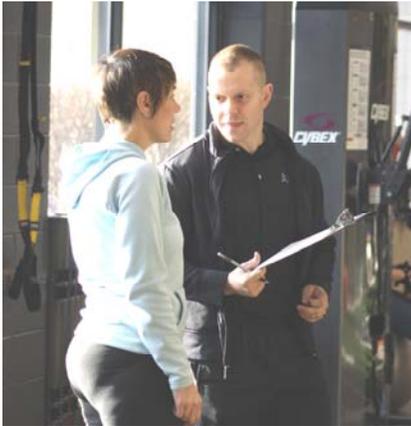
If that position goes well try performing the exercise on all fours with the arm held out to the side. The palm should face the floor. Drop and immediately grab back onto the ball. Perform five to ten steady repetitions.

Jason gradually worked up to performing all three drop and catch exercises on a daily basis. Four weeks later he was able to swing a golf club and remain pain-free. Jason cancelled his shoulder surgery and reports that he had a winter golf trip without any shoulder pain.

-Michael O'Hara, P.T., OCS, CSCS

The Bigger Picture

“Life is really simple, but we insist on making it complicated.” - Confucius



*Precision Nutrition Level 1 Coach
Jeff Tirrell discusses Nutrition
Coaching with a member at
Fenton Fitness.*

As human beings, we have a knack for over-complicating our lives. Training and nutrition are not immune. Perhaps this is human nature, or perhaps the brilliant marketing of supplements, health foods, workout programs, etc. has brainwashed us into thinking there is some top secret formula for success. The reality is this: Training and nutrition are simple, but there are many different paths to get to the same destination.

When it comes to nutrition, it's not uncommon to get questions about which foods/ingredients to avoid and which supplements to invest in. While there is nothing wrong with these questions, eliminating food groups or adding a protein shake often won't solve the problem.

For example, I worked with a client in Texas who asked me what I thought about the latest and greatest pre-workout supplement on the market. When I discovered that his primary focus was gaining lean body mass, my next question was about his caloric and protein intake.

The reality is that most foods/ingredients pose minimal risk to our health if consumed in moderate to low doses, especially if consumed as part of a well-balanced, wholesome diet and paired with regular physical activity. It is as simple as moving daily, partaking in vigorous activity 2-4x/wk, controlling calories for your goals, eating enough protein and fiber, and consuming enough fruits and vegetables. Follow these basic concepts and you will look and feel better without all the stress of worrying about what you can and cannot eat.

Attempting to lose weight is another great way to complicate our lives. The media has done a fantastic job leading us down trendy and unsuccessful paths: no fat in the 80's, no carbs in the 90's, no sugar today. We have been meat-free, dairy-free, gluten-free, and sugar-free. We have eliminated fast food, alcohol, soda, Splenda, food dyes, and GMO's. And none of it has worked. Obesity is now nearing smoking as our number one, preventable cause of death.

-Jeff Tirrell, Program Director, Pn1

Nutrition Coaching Comes To Fenton Fitness

Are You Tired Of Dieting?

Nutrition Coaching is a systematic approach to eliminating deficiencies, implementing key behaviors, adjusting nutrient quantities, and educating the client in a simple, step-by-step way. Each client is asked to prepare a 3 day food log to increase intake awareness, is assessed and evaluated to determine a starting point for nutritional advice, and is given an exercise program designed to meet the client's unique needs. To encourage accountability and support, follow up appointments are scheduled every two weeks to measure progress and adjust the plan accordingly. Our responsibility with Nutrition Coaching is to offer nutrition advice, fitness, education, accountability, and support to help our clients reach their full potential by maximizing results. Nutrition Coaching is available to all Fenton Fitness members for 3 months, 6 months, or 12 months. **Contact Jeff Tirrell, Program Director at 810-750-0351 or jeff@fentonfitness.com.**



EAT HEALTHIER. TRAIN SMARTER. PERFORM BETTER

Body Fat Building

Training to Optimize Fat Reserves

Principle 1: Perform Low Intensity Exercise Every Day

The more long duration, low intensity exercise you perform—the kind that allows you to text, converse, or watch TV—the more efficient you become at storing calories. The exercise stimulus should always stay the same and never become uncomfortable. Consistent, low intensity, steady state training produces the internal biochemistry that aggressively holds onto every last fat molecule.

Recommendation: Find a treadmill, elliptical, recumbent bike, yoga, or dance class and keep up a steady pace for 30 minutes to an hour. Never alter your activity and make sure you can talk and watch TV while exercising.

Why it works: During slow steady exercise your body will use fat as fuel, but fear not, this comes to a grinding halt when you stop exercising. During the other 23 1/2 plus hours of the day your metabolic engine drops into low gear. Consistent performance of the same exercise stimulus will create exercise efficiency, and you will gradually need fewer calories to perform the same amount of exercise work.

Principle 2: Eat a Low Calorie Diet



The less you eat, the more your metabolism slows, and fewer calories are necessary to carry you through the day. To maximize fat storage and accelerate metabolism meltdown, eat only one or two times a day and keep protein intake to a minimum.

Recommendation: Keep your caloric intake very low. You want to trick your body into believing it is starving, and in an effort to save you, it will slow your metabolism. This preservation mechanism keeps your fat cells happy and safe. Low calorie diets have the added benefit of

making it even easier to add to your fat deposits when you eventually abandon the low calorie lifestyle.

Why it works: Our bodies have been designed to keep us alive during periods of low calorie intake- famine. When fewer calories are supplied, the body reacts by slowing the metabolism. Eating enhances metabolic activity, so the fewer meals you eat the better.

Principle 3: Never, Ever Perform Any Strength Training!



Strength training develops muscle and more muscle accelerates the metabolism and hampers our efforts to stay chubby. All that extra muscle burns the calories that are so essential for adipose acquisition. Myokines, the hormone-like secretions

produced by muscles, turn on the fat burning biochemistry we hope to avoid.

Recommendation: Never touch the weights in the gym. If you do, use the lightest weights possible and specialize on exercises for your arms.

Why it works: Since your goal is to maintain body fat, you must eliminate the activity that is most likely to speed up your metabolism. A full body session of resistance training will have you burning more calories for 24 to 48 hours. Strength training performed on a regular basis will produce metabolically expensive muscle and bone and that biochemistry devours the precious calories we need to maintain the padding on your belly.

Bonus Tip: Get Older

Good news: The only physiological performance parameter that becomes more efficient as we age is the ability to store fat. Age-related sarcopenia, the loss of muscle mass that occurs as we age, makes it easier to store calories as fat.

-Michael O'Hara, P.T., OCS, CSCS

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