Seminar Title: MOVEMENT TO MUSCLE-Strength Training for the Volleyball Shoulder- Is It Helping or Hindering?

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Learning Objectives:

1. Summarize and explain the correct muscle mechanics of a healthy volleyball shoulder
2. Instruct and demonstrate safe, effective, preventative exercise that you can easily implement into warm up or cool down
3. Explain which muscles and popular exercises you should use sparingly or avoid all together

Key Points:

Preventative training strategies and strength training should meld together as one entity

Strength training sessions need to teach “movement” fundamentals prior to more intense resistance exercise
- The volleyball shoulder must have 170-180 degrees of abduction
- The volleyball shoulder must rotate (spin)
  - External rotation to cock the arm back
  - Internal rotation to swing the arm forward

Subscapularis is the most important shoulder internal rotator
- This muscle prevents bicipital tendonitis- one of the most common orthopedic issues that plagues volleyball shoulders

Triceps, posterior deltoid, and serratus anterior also collaborate with subscapularis to maintain shoulder alignment

Some muscles if overused or over trained can rob the shoulder of healthy range of motion
- Latissimus and pectoralis major are the number one culprits
- They are hugely activated during dips and pullups

- Pull ups/ Pull downs are two very popular exercises that should be used sparingly or all together avoided

Fundamental exercises will be instructed/demonstrated
- Subscapularis
- Triceps
- Posterior deltoid/rotator cuff
- Serratus anterior

Integrated exercises will be instructed/demonstrated
- Standing Rotation- emphasis on resisted external
Dumbbell shoulder press
Modified Plank-Multiple options
Standing D2 Flexion

Does your existing program need modification?
  Make a list of all exercises your athletes perform
  What muscles are being targeted?
  Is this exercise functional for the sport of volleyball?
  Do you have any rotation/abduction exercises in your program?

Conclusion: “The Take Home Message”
  Identify which athletes have a movement problem
  Teach muscle fundamentals first and gradually build a solid foundation
  Be careful of the extreme workout boot camp mentality