



# Shoulder Girdle

## Purpose:

Designed to **improve the strength and function of Upper Trapezius muscle**, this exercise also encompasses **all of the shoulder abductors** (Supraspinatus, Middle Deltoid, Pectoralis Major - above 90°) as it is performed in an abducted position. The load placed upon Upper Trapezius and the shoulder abductors during this exercise is relatively significant due to the challenge of maintaining the position for a period of time using a long lever i.e. the straight arm with the weight (Powerball®) at the end.

*NOTE: This exercise incorporates **Thumb, Finger Flexors and Extensors & Wrist Flexors and Extensors** exercises as both the finger and wrist flexor and extensor muscles are required to maintain a firm grip on your Powerball®. It is the additional movements that recruit the other muscles in this exercise.*

## Useful For:

Anyone who needs or wants to improve the strength or maintain the condition of the shoulder abductors. Suitable for enhancing a wide variety of sports activities, especially those involving overhead movements such as; Tennis, swimming, badminton, softball, baseball, cricket, javelin, pole-vault, climbing, gymnastics etc.

In the non-sporting arena, anyone involved in manual work or overhead work e.g. plumbers, painters, electricians, carpenters, plasterers etc.

Can be utilised as part of rehabilitation, recovery and maintenance following:

- **Sub-acromial bursitis**
- **Shoulder Impingement syndrome**
- **(Recovery from) dislocated or sub-luxated shoulder**
- **Supraspinatus (rotator cuff) strain**
- **Supraspinatus Tendinitis**
- **(Middle) Deltoid strain**

## Let's Begin

- 1 Grip Powerball® firmly in the palm of the hand and secure by gripping with thumb and four digits. We recommend that you get Powerball® moving in the usual way before assuming the start position - if you don't know how to, check out the **Getting Started** page on **Powerballs.com** for videos & instructions.
- 2 Move your arm to an abducted position of approximately 90° [figure 1]. The palm of your hand should be facing the floor and should remain in this orientation throughout the exercise.

The arm is not moved during this exercise except for whatever movement is required to maintain the spin speed of your Powerball®.



*figure 1 - Arm is maintained in this position throughout*

## Recommended Guideline Programme

**Initial Session:** 3 X 30 seconds with a 1 minute break between each one. Use this session to establish the RPM at which you are challenged but can still maintain a solid grip on Powerball®.

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**Progression:**

- Week 1:** 3 X 30 seconds with a 1 minute break between each one on **alternate days**.
- Week 2:** 3 X 30 seconds with a 1 minute break between each one **daily**.
- Week 3:** 3 X 60 seconds with a 1 minute break between each one on **alternate days**.
- Week 4:** 3 X 60 seconds with a 1 minute break between each one **daily**.

**This exercise is focused on endurance as a means of working the muscle. Progression therefore, is mainly to be achieved by increasing the duration in conjunction with increased spin speed / RPM.**

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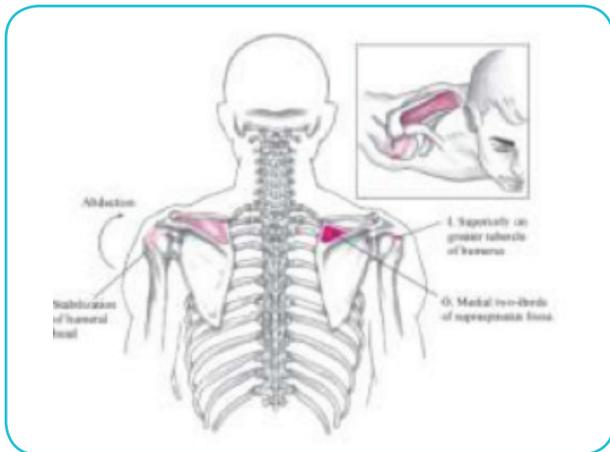
**Caution:** This exercise is high intensity and challenging. You should ensure that your neck and shoulder are in good condition before attempting it. It also places greater demands on the wrist extensors and flexors as maintaining your grip on the ball is harder in this position.

If you are experiencing pain or discomfort, consult a qualified healthcare practitioner before embarking on this exercise.

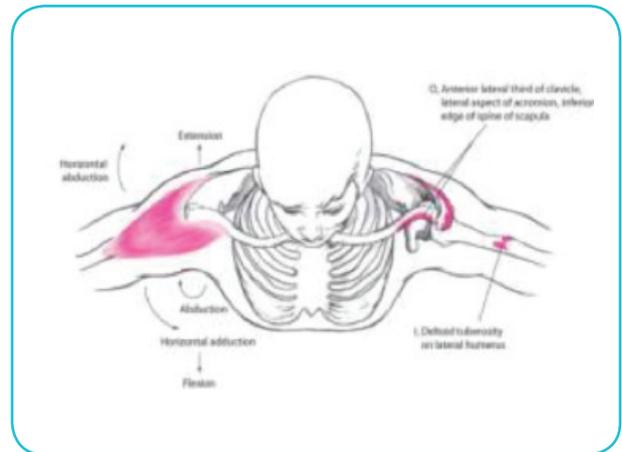
Some muscle fatigue is to be expected with this exercise much in the same way your muscles might react to a gym workout. However, if you experience actual pain, you should reduce the exercise frequency, repetitions or duration. If the pain persists or increases, you should discontinue the exercise and consult a healthcare professional.

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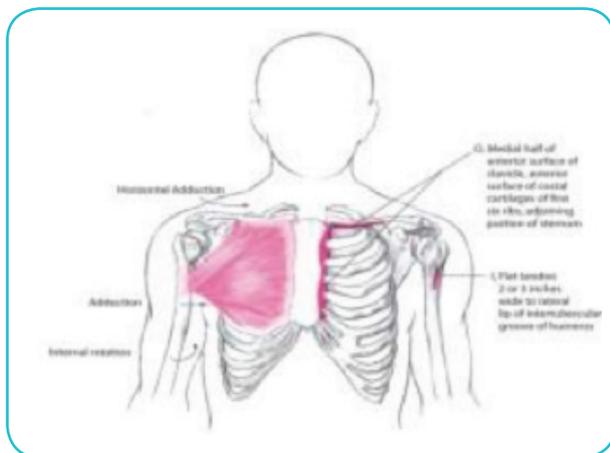
# Muscles involved in this exercise



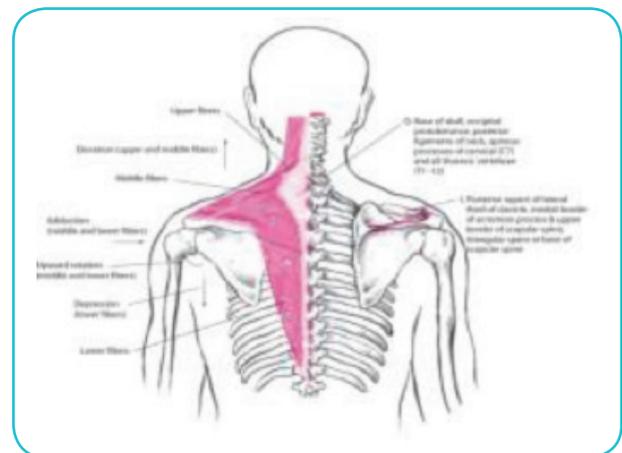
*Supraspinatus*



*Deltoid*



*Pectoralis*



*Major Trapezius*



## Remember

You are looking to achieve a smooth, progressive spin which will test your fingers by requiring them to grip Powerball® firmly as the speed increases; if you have strong, injury-free fingers, you may find that 5,000 - 6,000rpm isn't challenging the muscles sufficiently. Therefore simply increase the spin speed until you arrive at a point where there is gentle fatigue building in the tissue and you're having to work hard to maintain that firm grip around the shell to avoid dropping Powerball®. Holding this state for 30 - 60 seconds will produce definite results.



## Learn More

As always, progress is achieved by following a regular exercise programme, further details regarding usage frequency, repetition and spin technique can be found on our website [powerballs.com](http://powerballs.com).



## Important

Should you experience any pain or discomfort when exercising with Powerball® or in general, speak to your physio or qualified healthcare practitioner to get the best advice and support.