

Sequences for Shoulders to Fingers



Sequence 11: Shoulder - Rotator Cuff

Setup

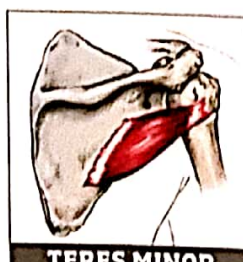
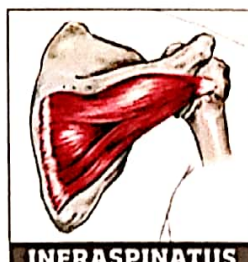
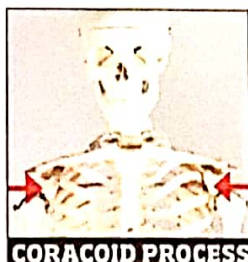
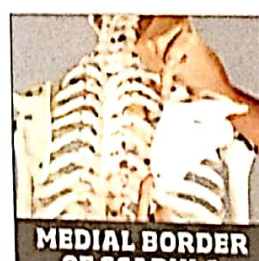
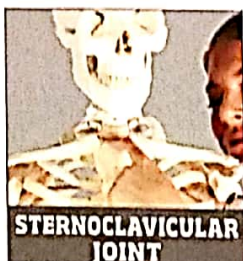
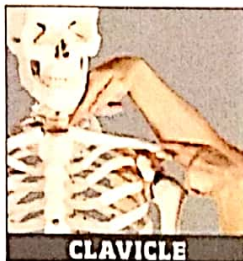
Roll Model Balls: Original YTU,
PLUS, ALPHA

Mat

Block or wall

Stretch strap or belt

EmbodifyMap



Check In: Shoulder Flossing

- (1) Stand with impeccable posture (see page 84) and hold a strap or belt taut across your hips between your palms, with your palms facing behind you. Your hands will be 2 to 3 feet apart, depending on your shoulder range of motion.



Basic Ball Stops



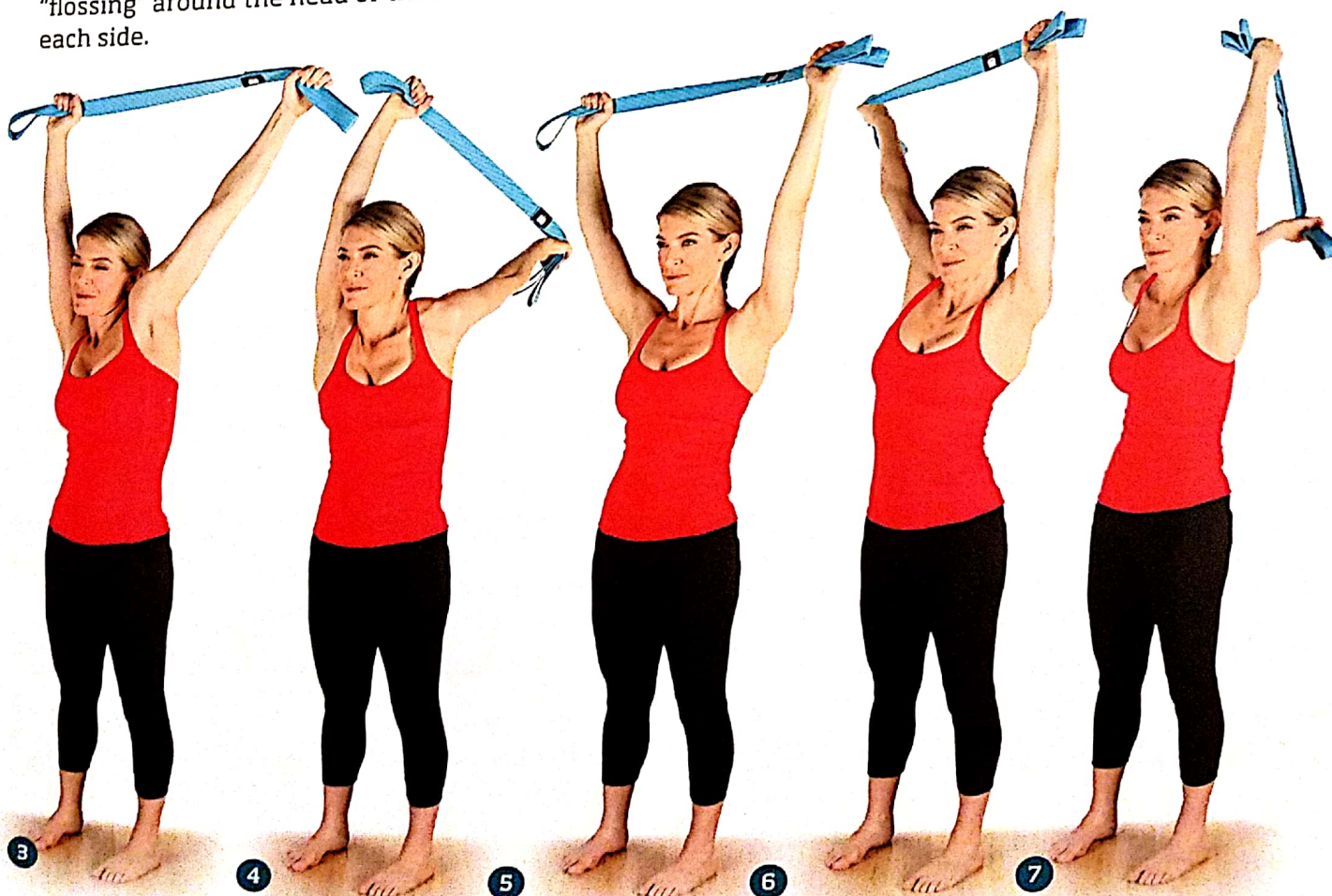
Supraspinatus

Infraspinatus/
teres minorArmpit/
subscapularis

Sternum

Pec minor/
coracoid process

- (2) Reach the strap overhead and (3-4) roll your left shoulder into internal rotation, which will expose the head of the humerus. Your left hand will drop behind your shoulder, directly behind your upper back.
- (5) Reset your left shoulder by externally rotating it, and then (6-7) roll your right shoulder into internal rotation. Your right hand will drop behind your shoulder, directly behind your upper back.
- Create a dynamic rhythm of rolling through each shoulder and "flossing" around the head of the humerus. Repeat 5 times on each side.





GUTTER-BALL

Action 1:

- (1) Lie on your back and place a ball on your right supraspinatus. (2) Bridge your pelvis off the floor to load the ball with your body weight.
- (3-4) Take several deep breaths, then slowly begin to shift from side to side so that the ball strips the supraspinatus (and the trapezius that lies superficial to it). Do not track the ball into your neck; stay in the region of your upper shoulder blade, above the spine of the scapula.



Action 2:

Simultaneously pin & stretch and contract/relax by drawing a big half-circle on the floor with your right hand, as if you were making a snow angel. The ball remains pinned, and your shoulder moves through its range of abduction and also rotation if that is available to you. Make 8 snow angels.

SWITCH SIDES AND REPEAT ACTIONS 1 AND 2.

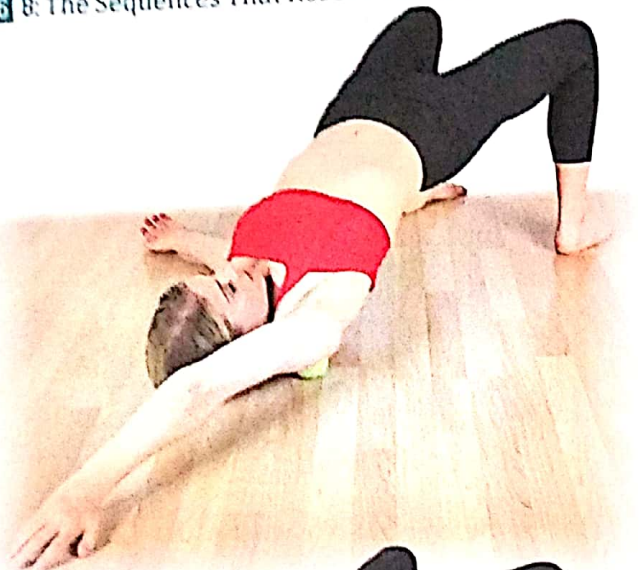




ROTATION REMEDY

Action 1:

- (1) Place a ball on the back of your right shoulder blade below the spine of the scapula and lean your body toward the ball. Breathe deeply.
- (2-5) Strip your infraspinatus and teres minor by moving from side to side, keeping the ball within the boundaries of the triangle-shaped scapula.
- (6-7) CrossFiber those same muscles by using your feet to create a mild thrusting action that rolls the ball up and down your scapula.



9



10



11



12



1



2

Action 2:

Pin & stretch those same muscles by loosely waving your right arm around like seaweed, traveling through every possible direction.



3



4



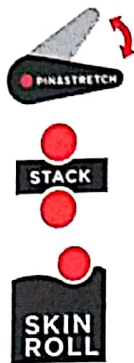
5



6



7



Action 3:

(1) Drive your left thumb deep into your armpit to pin your subscapularis. Push past the latissimus dorsi, and look for the space between your ribcage and the front surface of your scapula for the subscapularis muscle. (2-9) Continue all actions listed above in Action 2.

SWITCH SIDES AND REPEAT ACTIONS 1-3.





7



8



9



CHEST DECONGEST

Action 1:

(1-2) Lock any size Roll Model Ball against your sternum, either facedown on the floor or against a doorway (see next page). (3-5) Pin & spin the ball against the skin of your sternum and gather as much tissue as possible, then mobilize by moving your neck, shoulders, or ribcage in any direction to effect slide & glide. Gather more slack and mobilize again, then find another spot on your sternum and repeat. This affects all the pectoralis major fascial tissues and the intercostals.



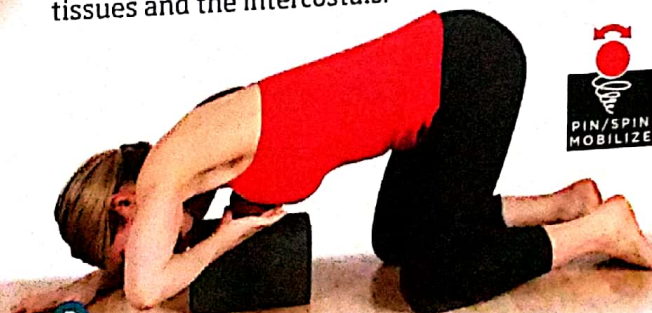
1



2



3



More Options



**Action 2:**

- (1-2) Place the ball underneath your left clavicle and lean into the wall. (3-4) Strip the entire area underneath your collarbone and into the edge of your chest near your shoulder (pec minor). Stroke from side to side, increasing the pressure as needed. (5-7) Then pin & stretch by trapping the ball in place and moving your shoulder, arm, or neck in any available direction.



- (8-10) Accelerate the depth of penetration by pinning & spinning the ball into the same tissues, followed by mobilizing your neck, shoulder, or arm.

SWITCH SIDES AND REPEAT ACTIONS 1 AND 2.



ReCheck: Shoulder Flossing

ReCheck your shoulder mobility by tracking your shoulders through their range of motion again. Notice if your shoulders glide more freely than before.



Reflect

1. Look in the mirror. Are your shoulders even? Are they lower or higher than normal?
2. Try walking your fingers and hands up the back of your body as if you were scratching an itch. How high do they climb?
3. Finish this statement: I feel _____.