



Remember The Little Guys-In The Shoulder

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The shoulder joint and its surrounding muscles are undoubtedly some of the most important structures in the body when it comes to high-level sports performance. As high school athletes begin training for their given sports programs, they are bound to find themselves in the weight room lifting heavy dumbbells and barbells loaded with weights in order to enhance their strength and power with the ultimate goal of getting the edge over the competition. However, when training, it is extremely important not to neglect the smaller muscles of the shoulder – the rotator cuff and scapula stabilizing muscles.

One of the most important reasons for selectively strengthening these muscles is that there is a correlation between rotator cuff strength and shoulder function. Therefore, these smaller muscles serve an important role in all sporting activities including: blocking or shedding blocks on the line of scrimmage, throwing a football, throwing a baseball, delivering a hard spike during a volleyball game, or shooting a field hockey ball or lacrosse ball on net.

Injury prevention is another important reason to make sure these muscles are adequately strengthened; in which doing so, can ultimately leave you on the field playing the sport you love. There is nothing worse than training all summer long in anticipation of the fall season and then getting injured within the first few weeks of official play. Properly strengthening these muscles is key to a successful season.

The reason the rotator cuff and scapular stabilizing muscles are so important is because these muscles are vital for placing the shoulder joint in a secure position so that the power muscles of the arm can do their work more effectively and efficiently. They also serve a huge role in preventing injuries from occurring. Such injuries could include shoulder dislocations, labral tears, shoulder impingement syndrome, and even injuries to the structures of the elbow. If not trained properly, these muscles are at risk for both short-term and long-term injuries.

At BREAKTHRU Fitness & Physical Therapy, we strive to help you reach your peak performance both on and off the field. With our unique design, our Physical Therapists collaborate directly with our college degreed and nationally certified Personal Training staff. This unity allows us to design a safe and effective exercise program that not only focuses on injury prevention but also on all of your fitness and sport-specific goals. BREAKTHRU provides FREE Physical Therapy consultations if you have an injury, and our Personal Trainers offer complimentary Sports Assessments. If you are interested in any of our services, please feel free to stop in at any of our three locations. Good luck to all athletes with your season this year!

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