**Important points**

- Strengthening is the most important part of preventing shoulder injuries.
- Understand that the shoulder is very complex and no injury is the same.
- Working with athletes that use their upper body to strengthen will help to minimize injury.

**Prevention of shoulder injuries**

- Should be directed toward general body development and development of specific body areas for each sport.
- Strengthening through a full range of motion of all the muscles involved is essential.
- Proper warm-up should happen before attempting explosive arm movements.
- Athletes should be taught appropriate techniques specific to their sports.

**Shoulder complex**

- Extremely complicated region.
- Has a great degree of mobility.
- The shoulder has to be able to accommodate mobility, placing the shoulder at risk for injury.
- Instabilities may be attributed to traumatic, non-traumatic, repetitive use, congenital or neuromuscular.
- Impingement involves a mechanical compression of the supraspinatus tendon, subacromial bursa or the long head of the biceps tendon.
- A rotator cuff injury includes any type of irritation or damage to your rotator cuff muscles or tendons.

**Exercises to help strengthen the shoulder complex**

- Commonly use rubber-tubing.
- Work on flexibility.
- Work on balance between strength and flexibility.

- Exercises:
  - ROM – flexion, extension, abduction, scaption, internal rotation, external rotation, horizontal abduction/adduction.
  - Muscular Strength – scapular stabilizers (scap. Abduction, adduction, elevation, depression, upward rotation, downward rotation, protracion, and retraction).
  - YTW, isotonic exercise, plyometric.
  - Stretch/Bands – flexion, extension, internal rotation and external rotation.