

Shoulder Capsule Solutions

by John Davies 06_01_06

The following is a brief excerpt from "Diamonds, the return to glory & honor" – the Renegade Approach to Baseball Training. This book which will replace all others for Baseball Training is now available here.

Shoulder Capsule / Rotator cuff Training

Proper strength training of the shoulder capsule has been proven both in practice and research to improve power on the diamond as well as reducing the incidence of injury. Not only will a strong shoulder capsule improve swing power but equally the retraction of the scapula is the determinant of arm velocity.

As we consider the training medium it should be noted that in particular with the use of the Iron Woody fitness bands a greater tension in the lifts at the apex of the movement is created as well as providing a dynamic and imperfect movement, strengthens the shoulder capsule and thus improving postural alignment and ultimately force production. Tension can be easily manipulated with the use of bands and the risk of injury in training is all but eliminated. These movements should be a part of every exercise regime in re-creating a strong shoulder capsule and some of best time spent for anyone in the gym. Not only will it build your shoulders to withstand punishment, improve your posture but in-turn increase the loads you can handle in many lifts and improving force production. Pay careful attention to these movements given their extraordinary importance for your long term health, athletic development. The key movements are:

- Muscle Snatch; with loops of band under feet and grab bands in both hands. Pull bands above head in straight fashion keeping it very tight to body and constant tension. Perform 3 sets x 12-15 reps, thrice weekly.
- Internal External Rotation; with bands looped under feet and upper arm parallel to ground, rotate hands down so that it is level with the elbow and back up with constant tension. Perform 3 sets x 12-15 reps, thrice weekly



(Above) Internal External Rotation



- Cuban Press; as above, holding bands at sides, pinch shoulders back, then pull weight up such that upper arm is parallel to ground and constant tension. Perform 3 sets x 12-15 reps, thrice weekly.

"The Cuban Press is one of the top exercises to help pre-hab the shoulder capsule. In a sport where you make a living in throwing a ball, the shoulder (i.e.rear delts, rotated cuff) are always put under a tremendous amount of force so strengthening and stabilization of this joint should be the number one priority in your athletic conditioning."

Coach Jim Massaro
Masters level Renegade Coach

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JOHN DAVIES
founder of Renegade Training