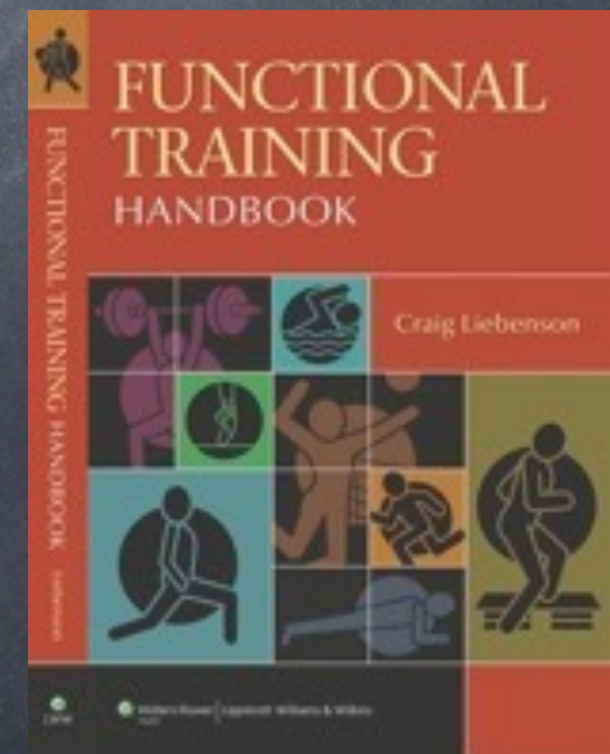
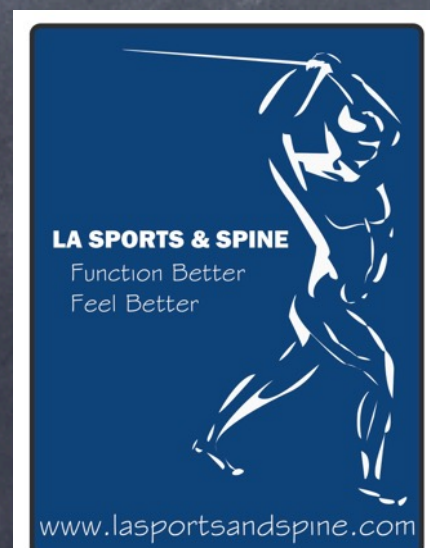
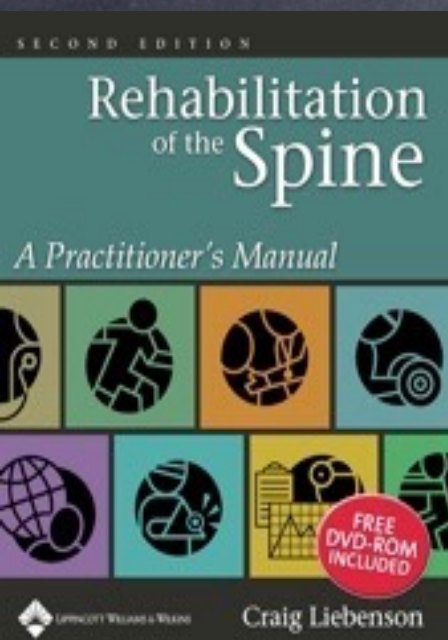


XIII) Scapulo-Thoracic Stability

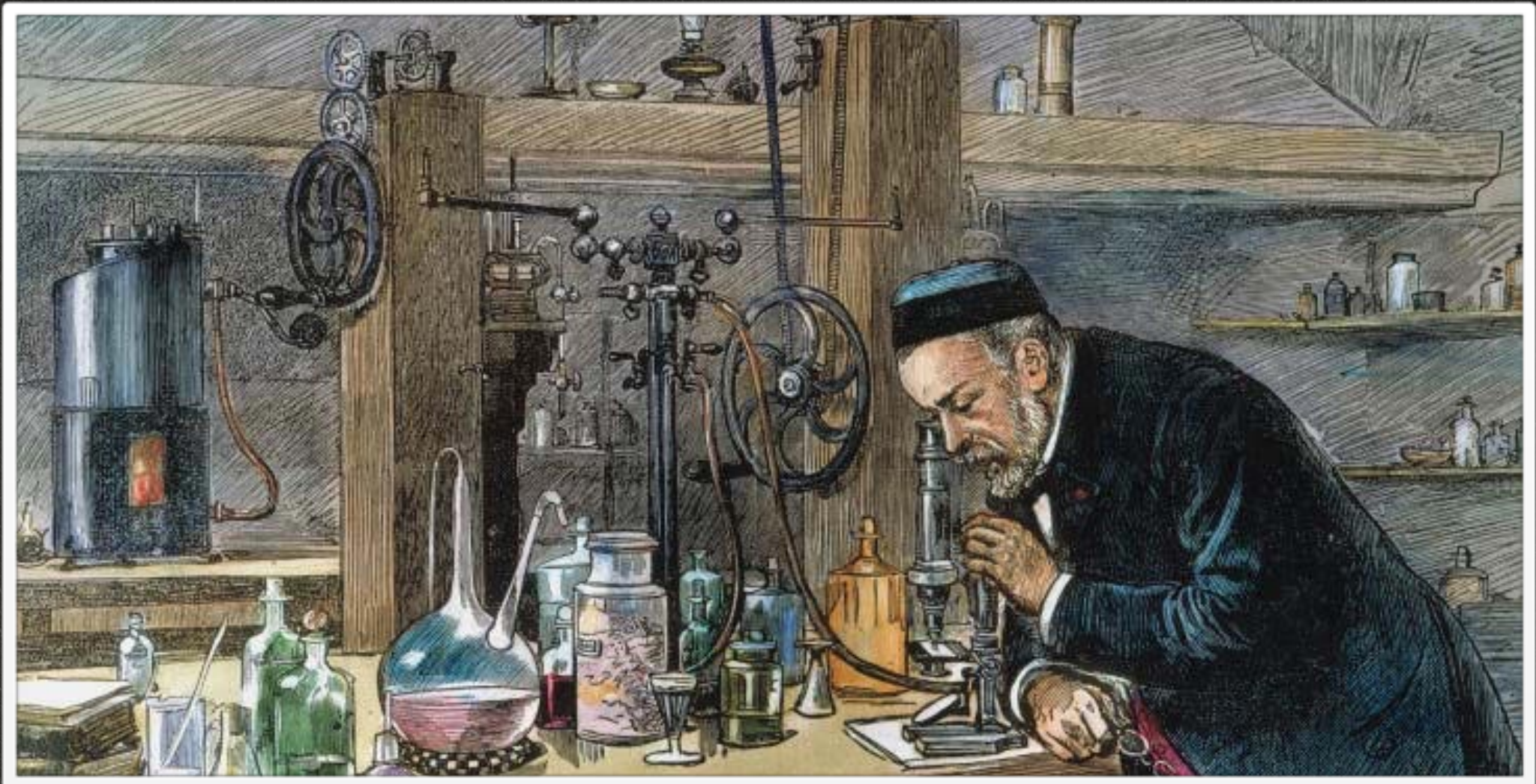
Closed Chain Training



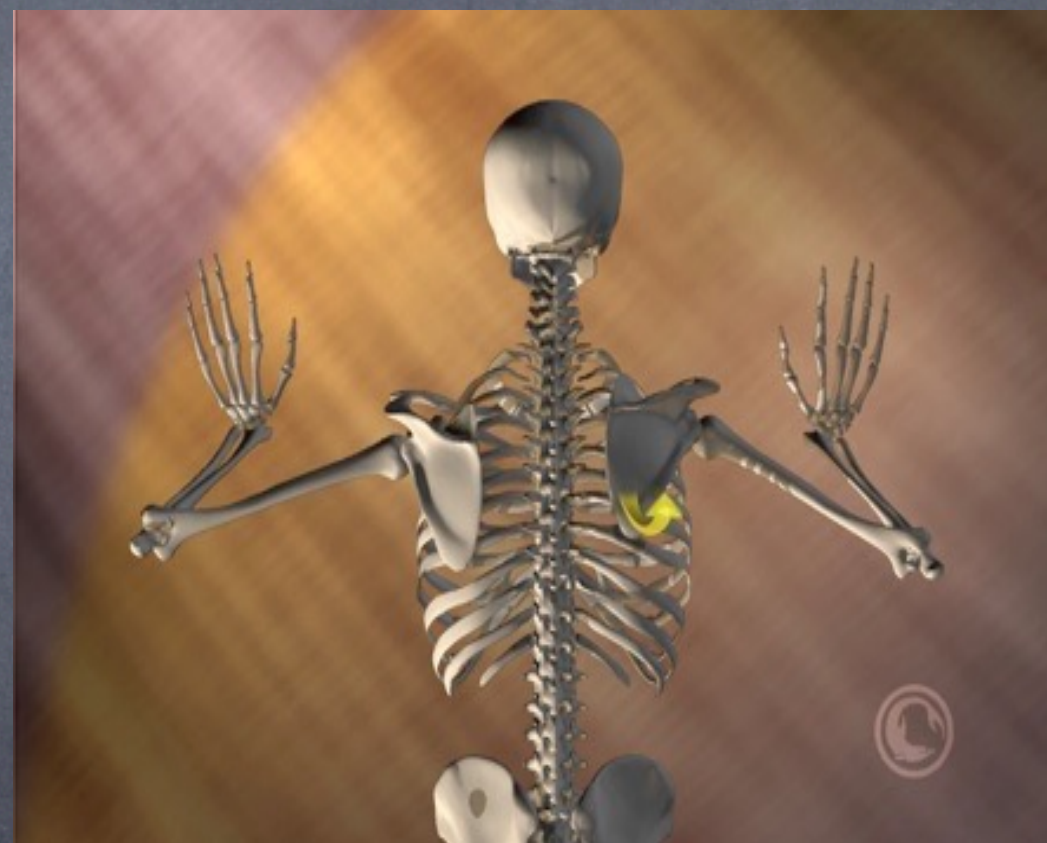
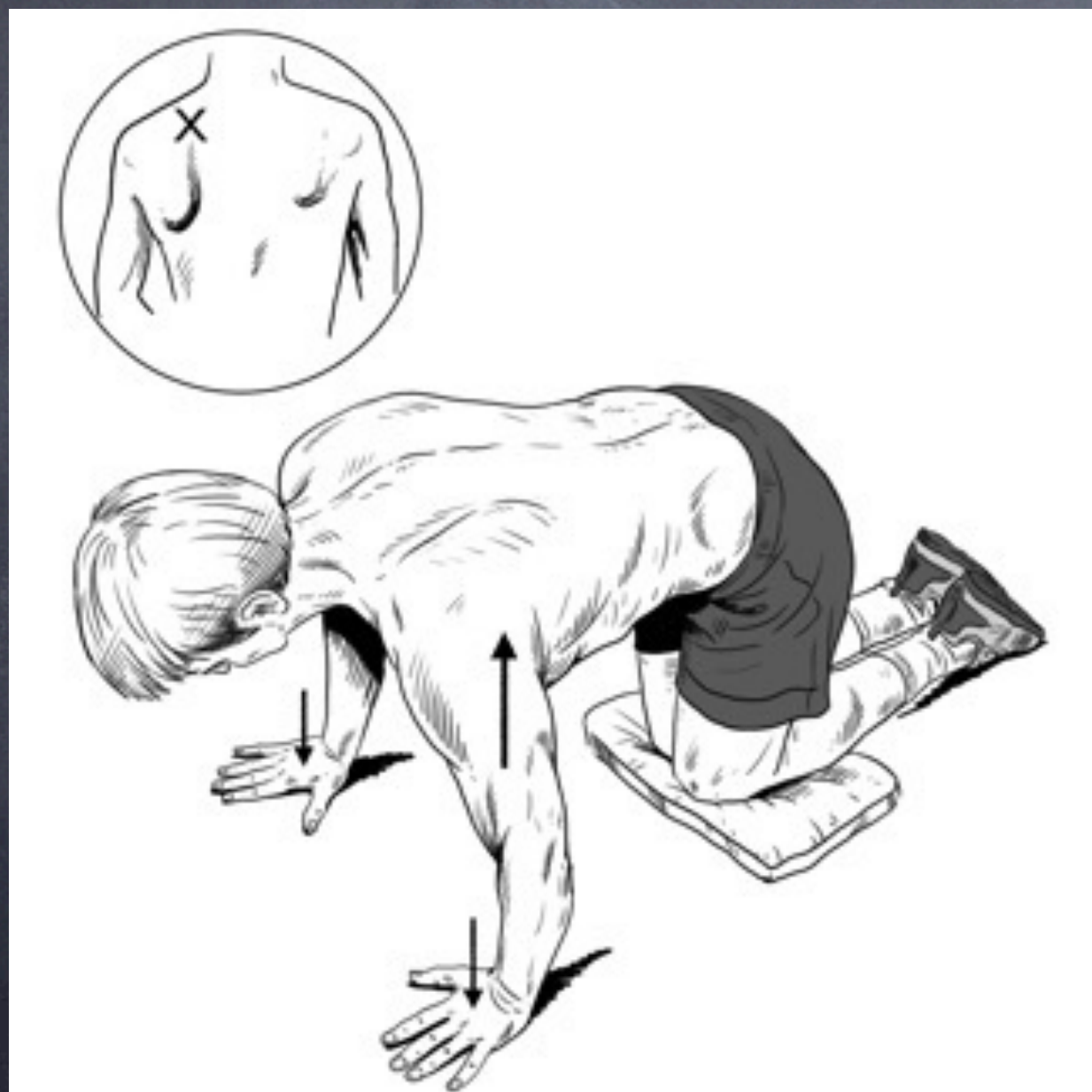
I) ASSESSMENT



LOUIS PASTEUR



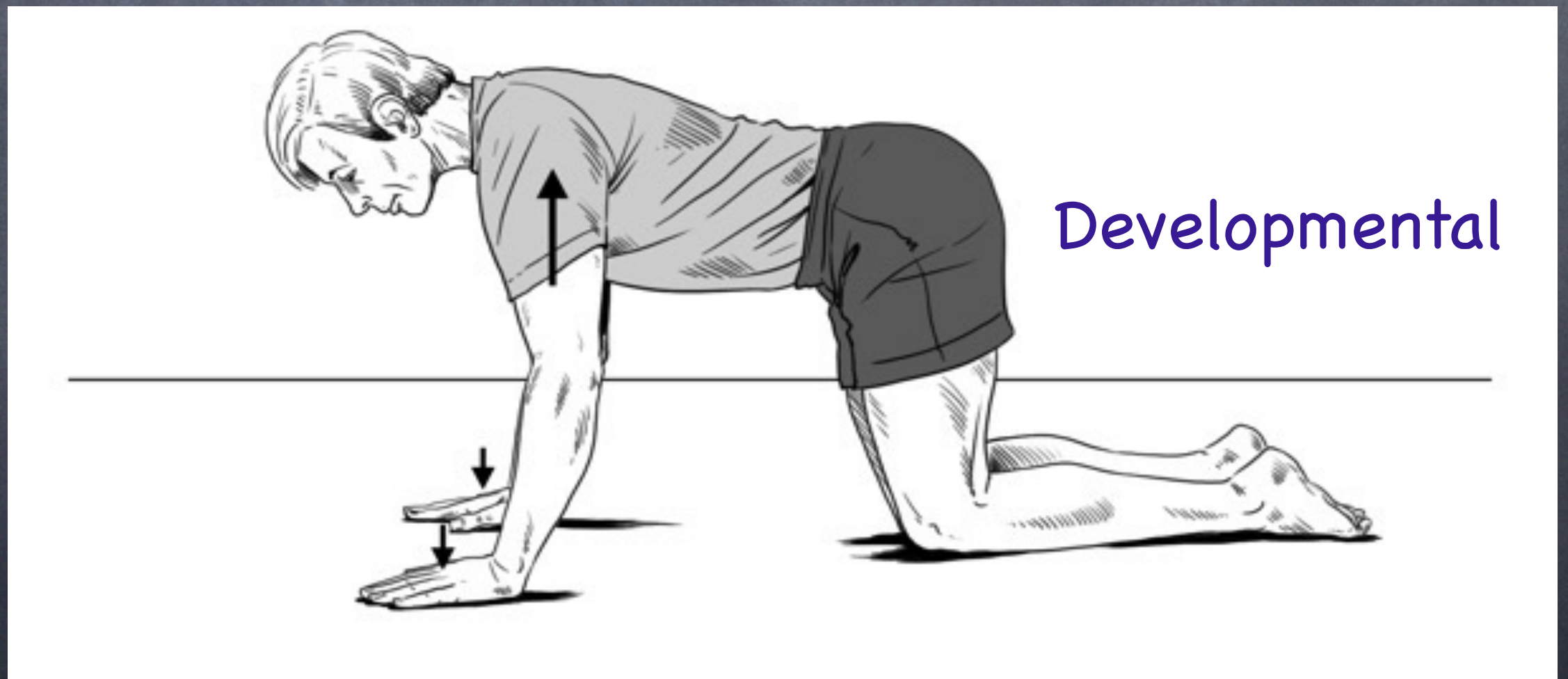
“In the field of observation, chance favours only the prepared mind”



II) TRAINING

1. Quadruped
2. Bear
3. 8.5 month to Bear
4. 3 months press-up
5. 4.5 month creeping
6. Baby Get-Up
7. Diagonal Bridge
8. Arm Bar
9. Turkish Get-Up

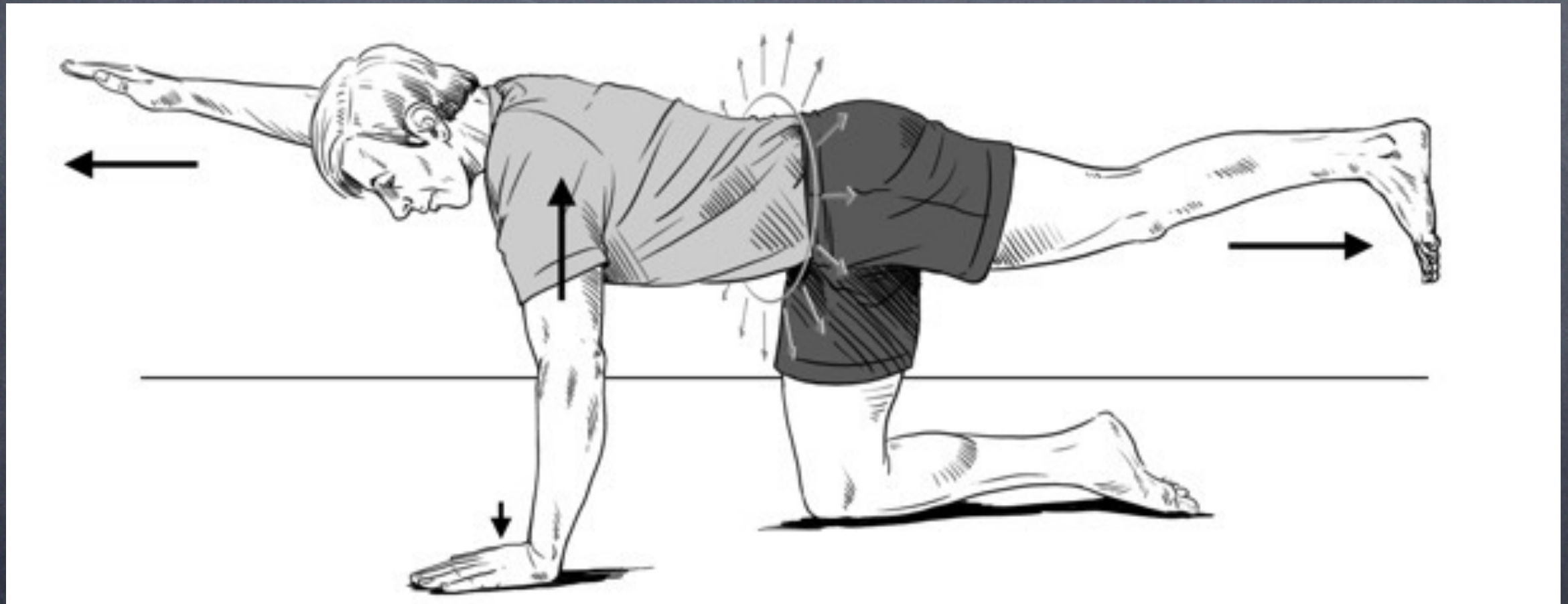
1. Push-up Plus – ROS p 639/ JBMT



Quad Arm Reach



Bird Dog



2. THE BEAR

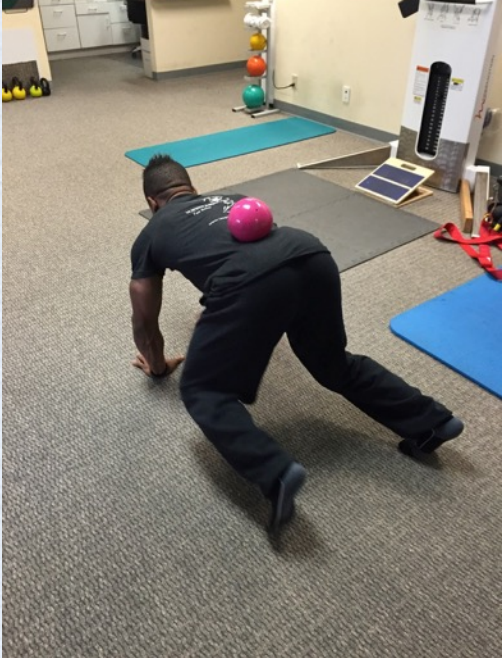


Bear - 12-14 months



LIFTING OPPOSITE HAND/FOOT







TIGER PROWL

3. Oblique Sit



Sit-Up to Bear

Low Bear

Developmental Movement



6 months



8 months



13 months

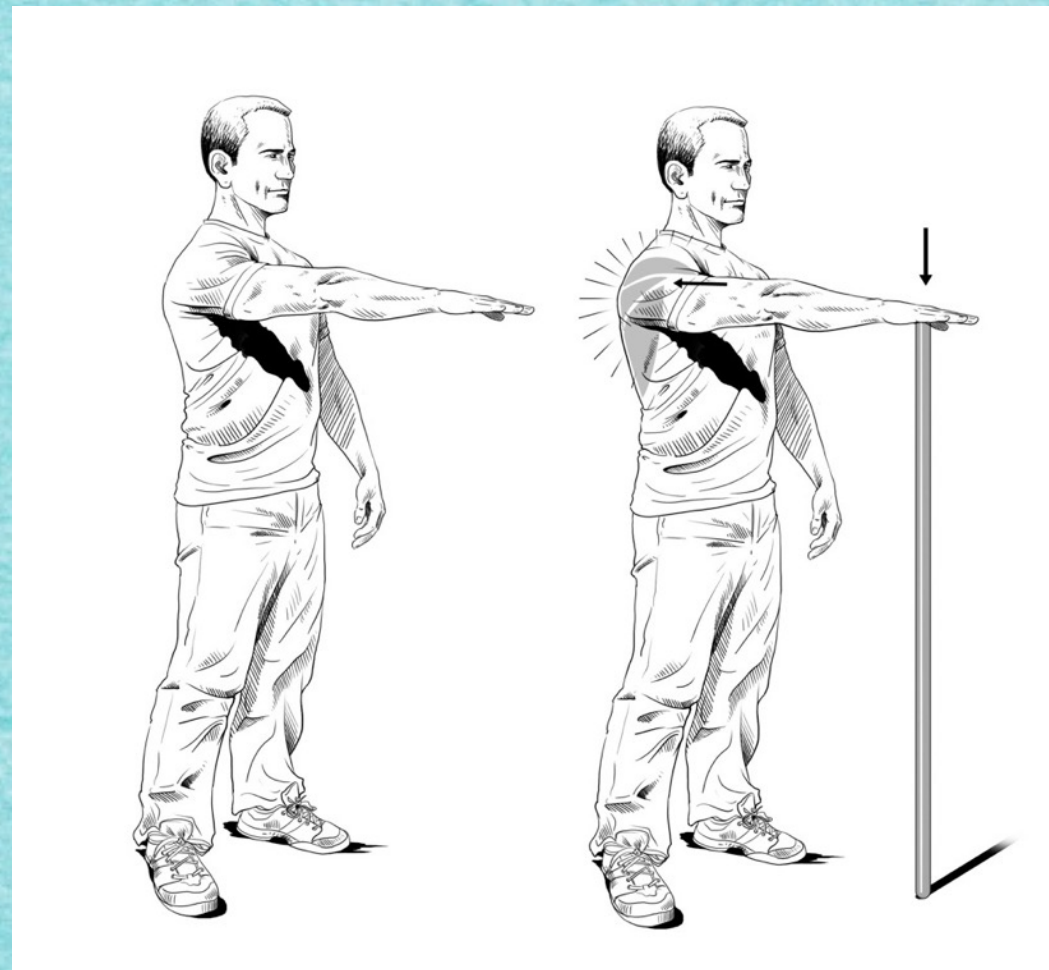
The Neurodevelopmental Sequence



8.5 Month Shoulder Centration

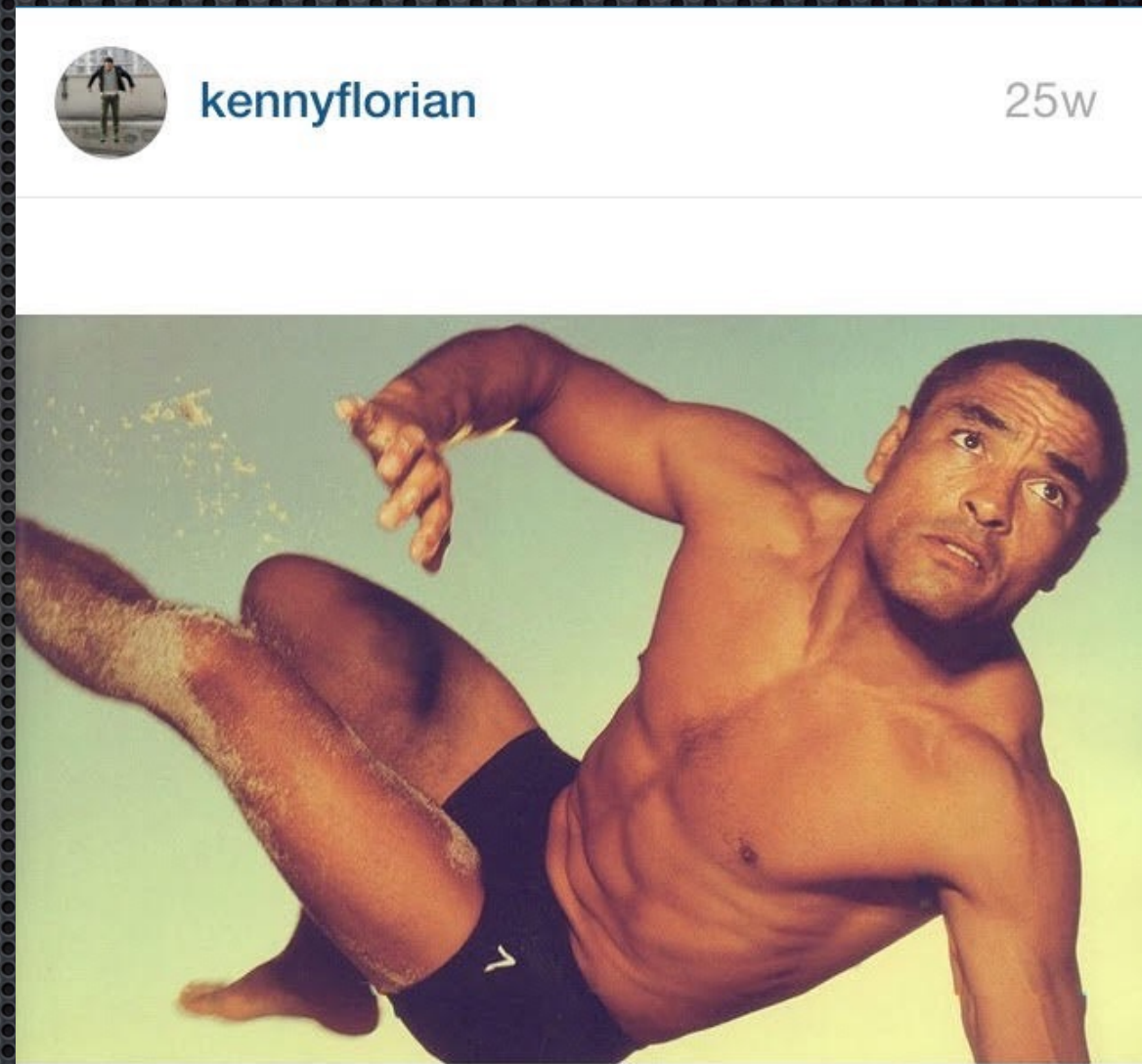


Shoulder Packing



SIT THROUGH / JIU-JITSU

8.5 month to Bear to
1 leg bridge to
Kick through



Gracie

4. 3 months - Prone

- Start Position: Hands in line w/ the AC joint
- Elbows at the level of the ears
- Support: Elbow-Elbow-Symphysis



5. 4.5 Month Prone

- **Stabilization in a sagittal plane** essential for phasic movement and further trunk rotation
- **IDEAL POSTURE**
- **Functional joint centration**
- Grasp from the midline



Sagittal

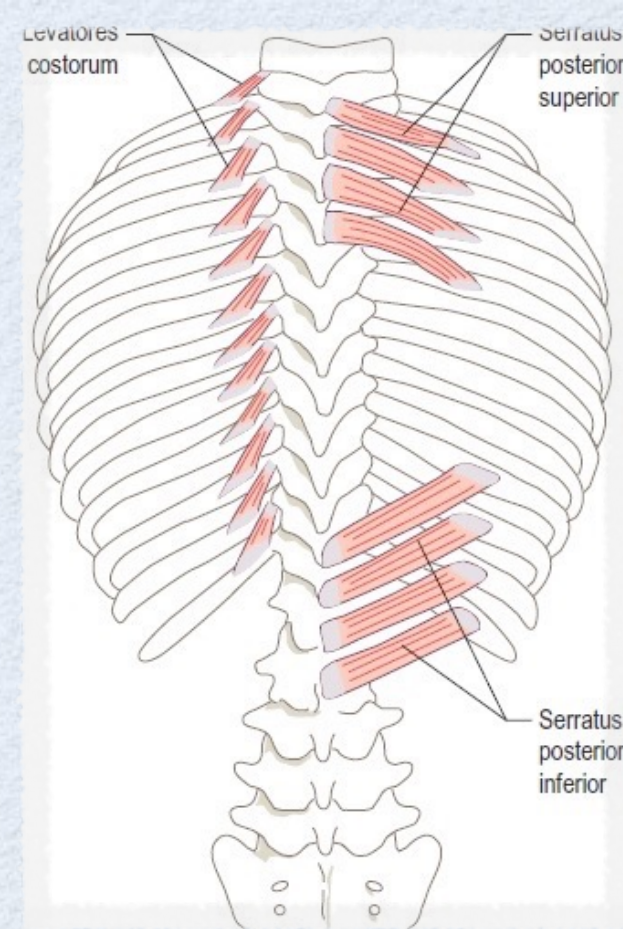


4.5 Month Position



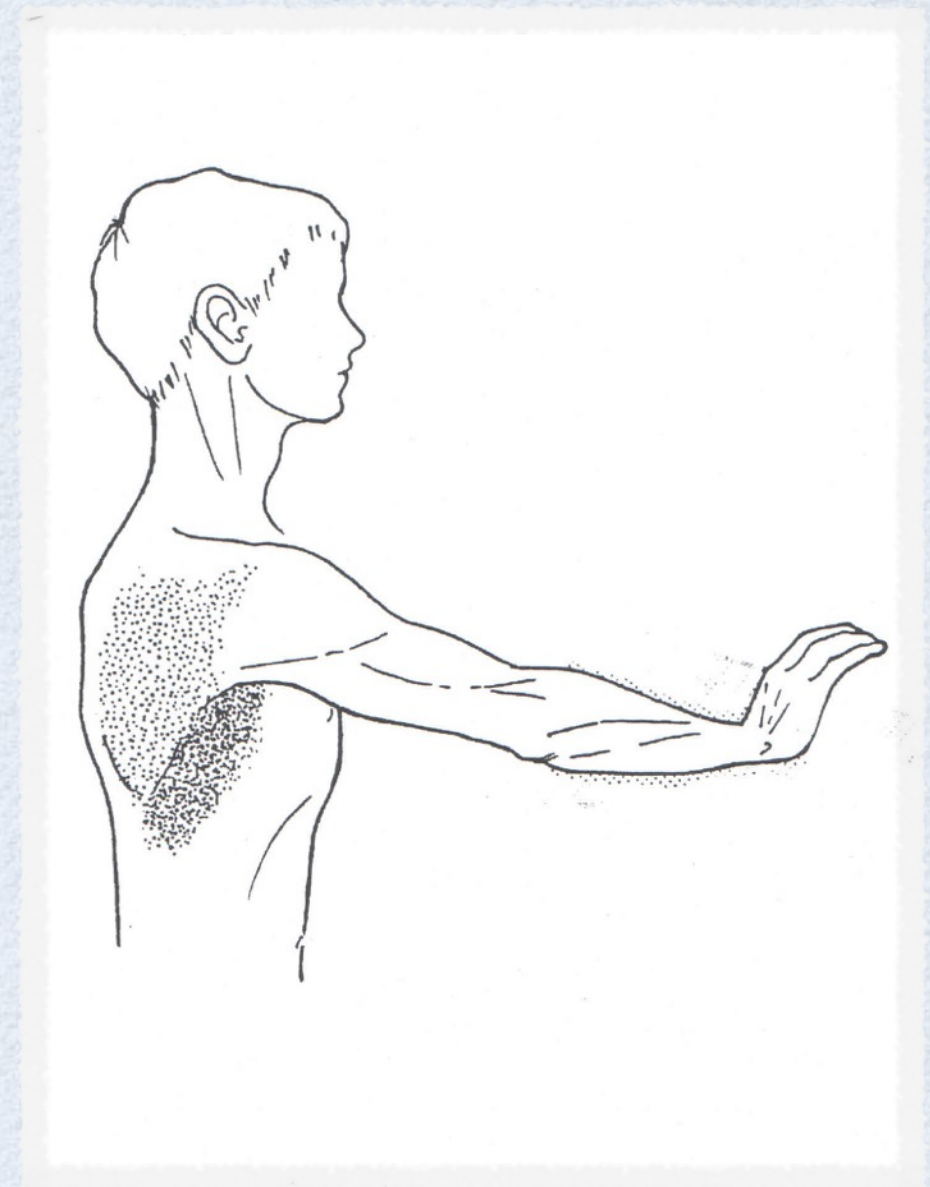
SERRATUS

- 1.Forefoot bias
- 2.Radial Adduction - catching or feeding
- 3.Looking up
- 4.Licking or grabbing w/ mouth





For instance if we give more activity in the thumb or pinky to do radial or ulnar adduction we get a different result in the shoulder girdle and spine (i.e w/ respect to upright posture)

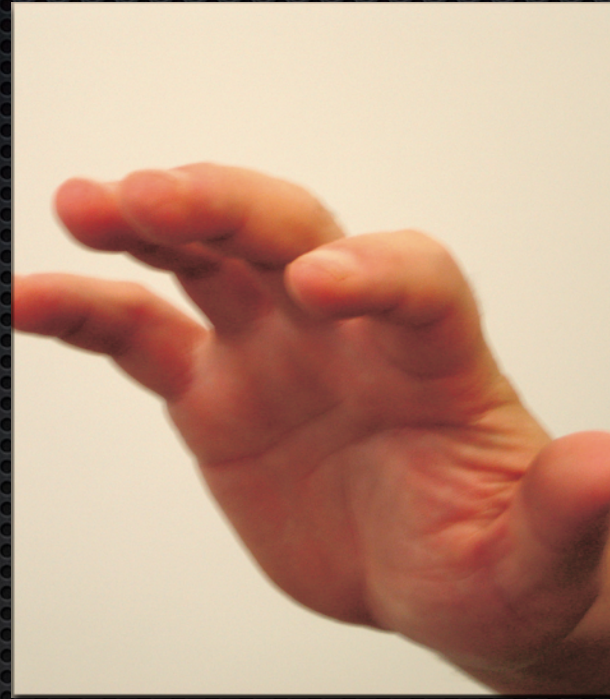


Sagittal

4.5 Month Position



Radial Adduction

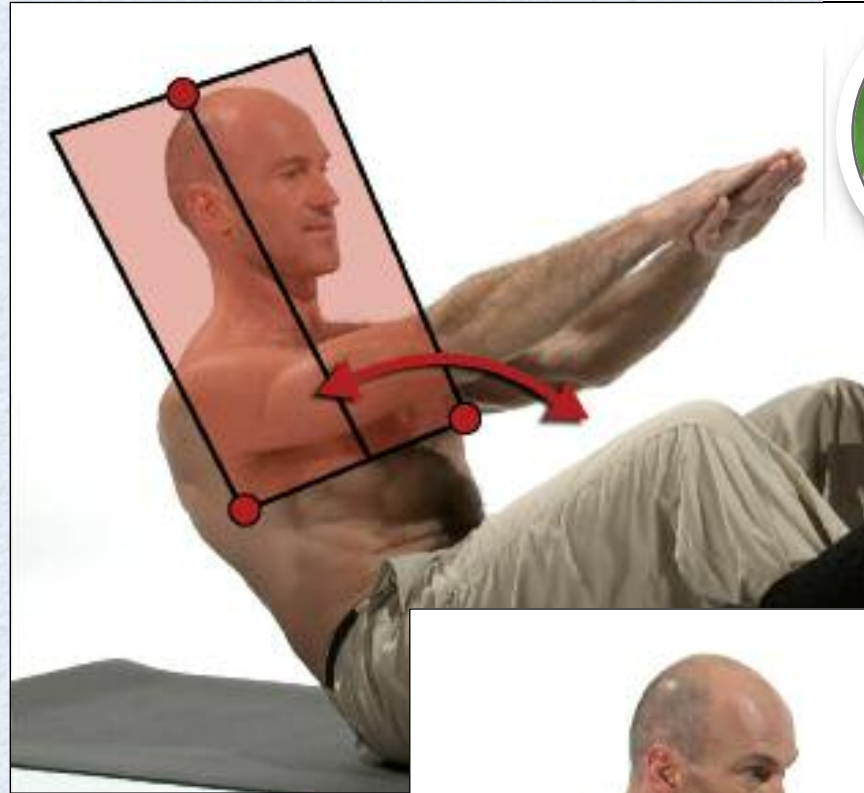


4.5 Month Plank w/ Slider

6. BABY GET-UP



from your sternum up you are an insect, with no mobility whatsoever! In reality, you will not be able to avoid all movement in the area, just do your best.



Visualize the part of your body from the sternum up as one rigid block and focus on lifting your sternum off the ground, up and somewhat towards your feet.



STRONG FIRST "FRAME"

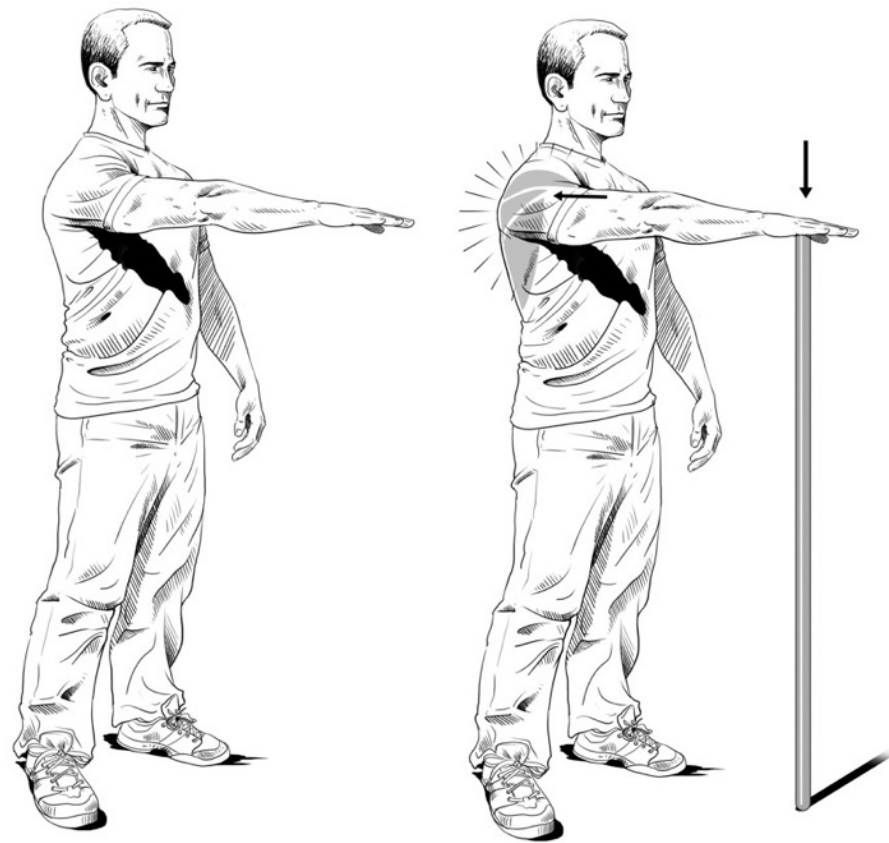


Bobath

7. Diagonal Bridge



Shoulder Packing



Side Bridge - Regression



- Shrugged Shoulder
- Lumbar Convexity



- Packed Shoulder
- Lumbar Centrality

Ready-Aim-Fire



- Hips Centrality



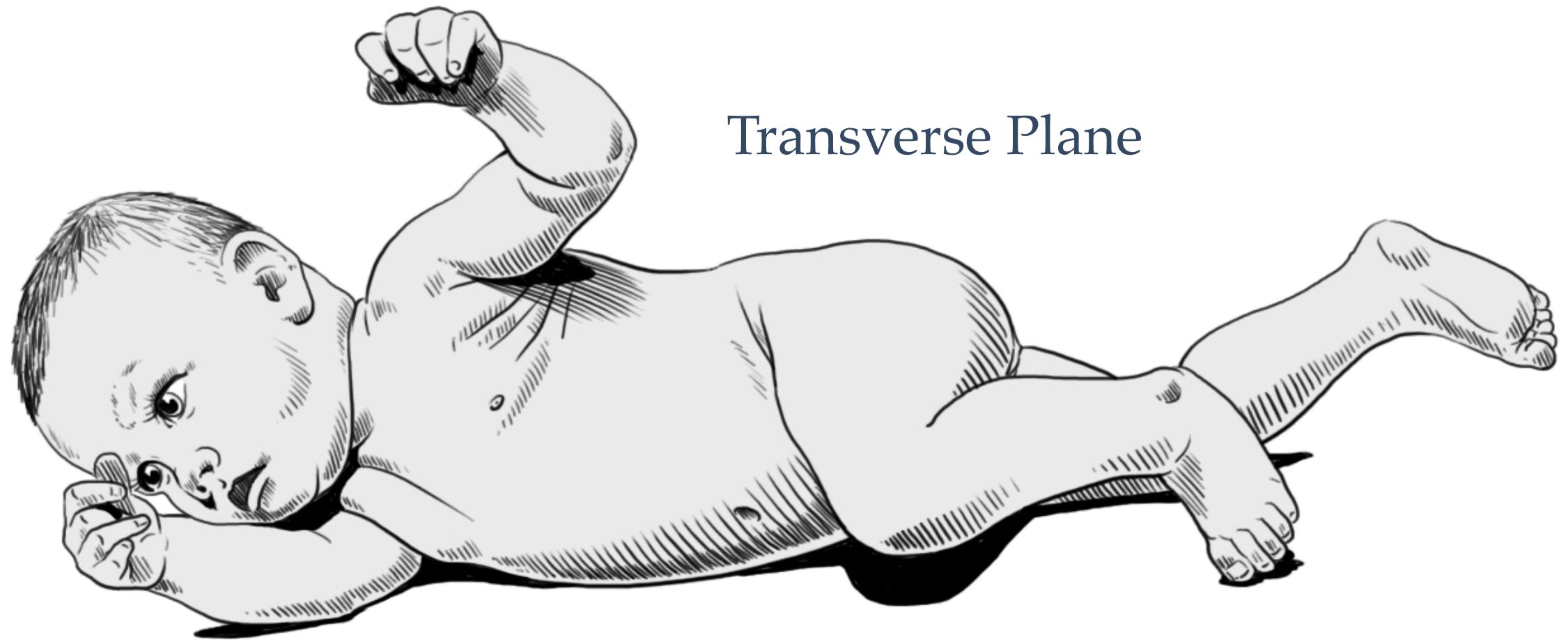
Diagonal/Oblique Sit with Resistance



8. Arm Bar



Date

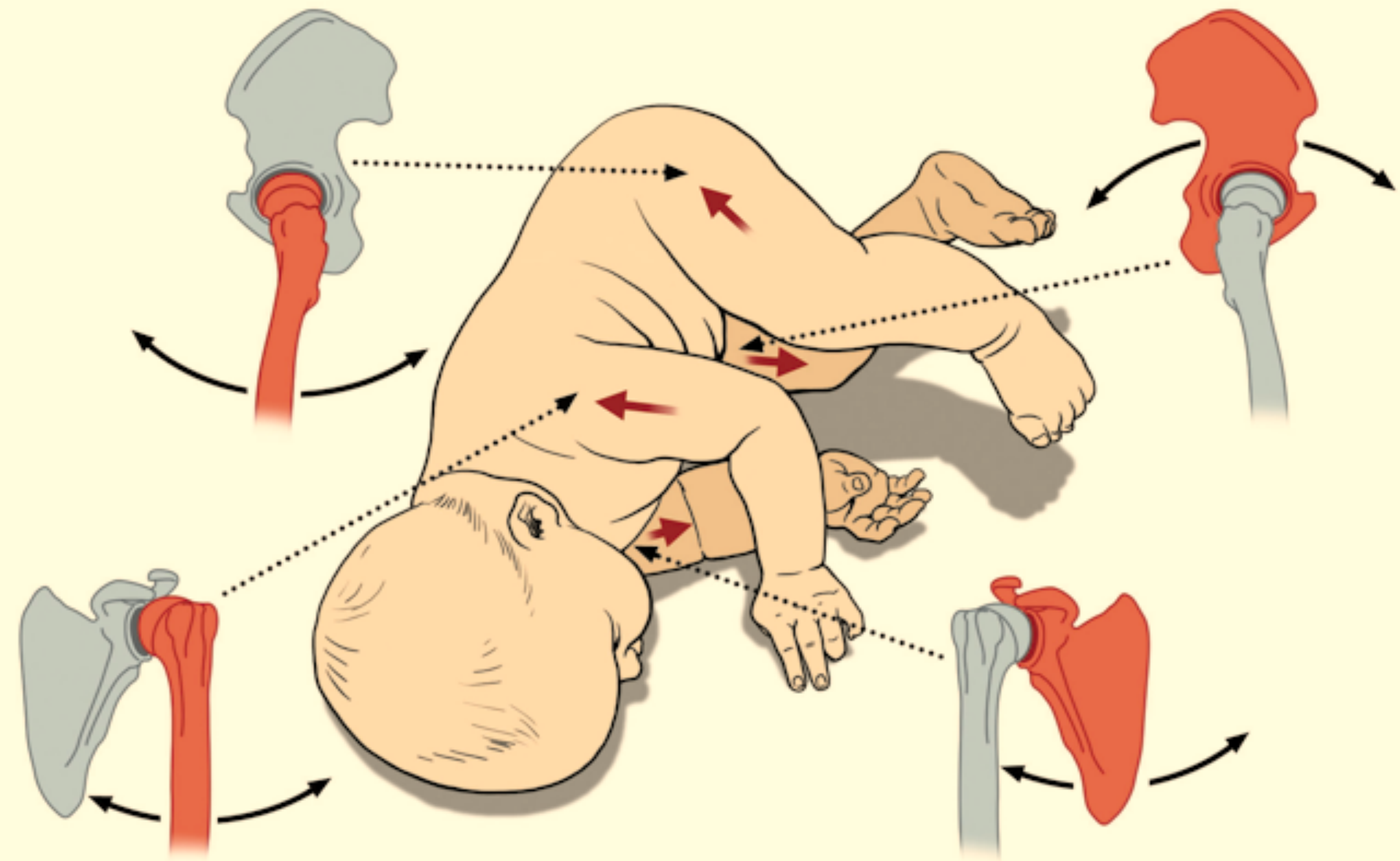



Transverse Plane


Rolling Over


Bottom Shoulder is punctum fixum. Trunk is punctum mobilum

Date




 direction of
muscle pull


 moving segments


 fixed segments



ROLLING

- 5 MOS





ROLLING - 5 MOS



Transverse

Barrel Roll



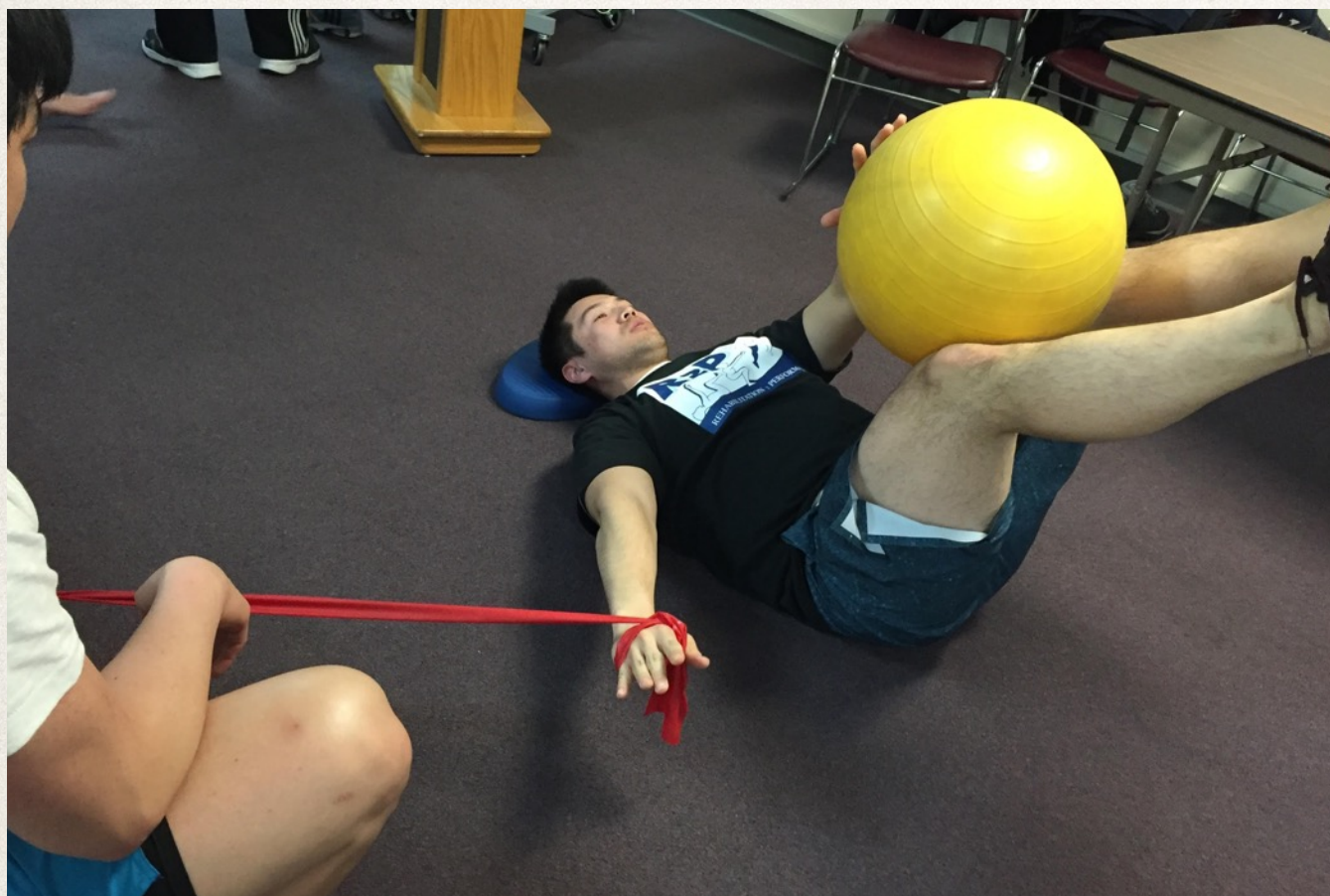
Transverse

5 Months

Barrel Roll

1. Squeeze ball
2. Resist my pulling
3. Resist my rolling
4. Controlled roll onto scapulae leading with eyes

5 Month



5-6 months



ROLLING - 5 MOS





McGill Ipsi-Roll - Regression

Date

🔄  joegambinodpt



✕
Joe Gambino DPT
Strength and Rehab

*New Blog: Cueing
The Arm Bar*

Arm Bar - Lance Coffel



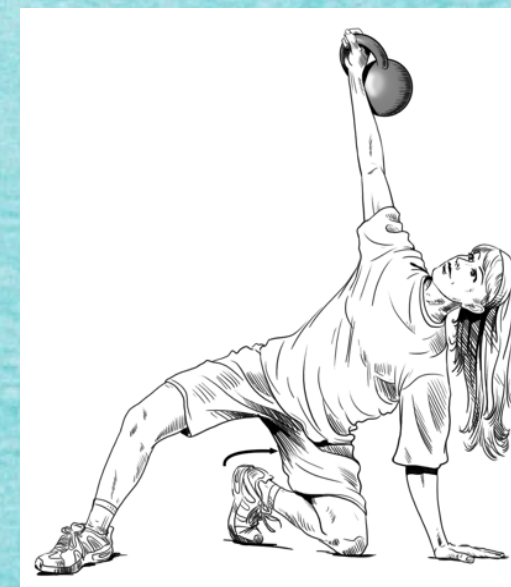
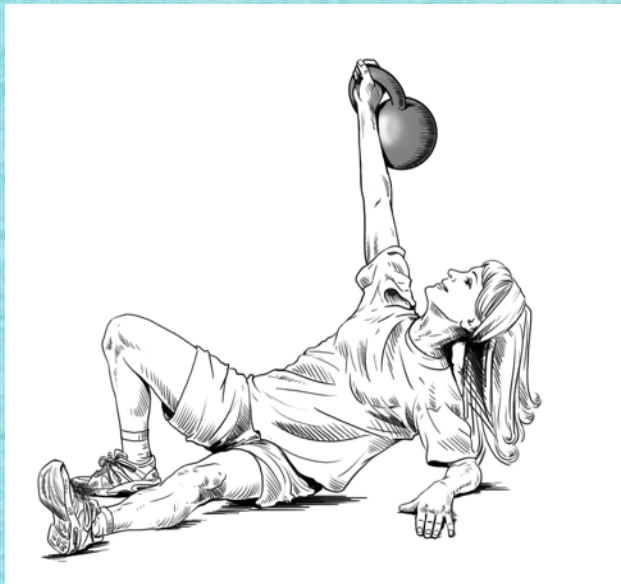


McGill Arm Bar

Date

9. Turkish Get-Up

Exercise



Anti-Rotation

Transverse

Plank Rolls

Start in Front Plank

- a) Release arm
- b) Roll Torso

