

# WARM UPS **RAMP**

(Mobilisation - Shoulder Rotation)

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# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

Now we're looking at mobility and at this point we're trying to get the major supporting joints ready for action.

Firstly we're starting with the shoulder and we're going to do a long arm rotation.

Dom, what I'd like you to do is start with your left arm, hand down by your side, palm facing towards the body. Keep the arm as long as you can. As you reach out and up overhead, pause just briefly at the top and rotate the hand of the palm to face out. Keep the arm moving through that movement all the way through to your hip. And then once you get to your hip, slowly reverse coming back over. Close the hand off at the top and then bring the hand down. Do the same again.

We're going to do four more.

So what we're looking to do here is keep the speed nice and consistent and try and take the joint for as much of a full range of motion as you can. This will be dependant on the client's ability and you might need to adjust their position to suit. Don't force the arm to go anywhere that it can't currently. This is something that you might need to work on.

Just do one more ... and bring the arm back through. And of course we'll do the same on the other side.

So Dom, same again, keeping your arm feeling as though you're trying to reach away from your body all the way throughout. Rotate your hand at the top, keep the hand in the palm open, and then rotate back through.

On your next rep for me, Dom, what I want you to do is - as you get to the top, rotate that hand for me and hold it there. Think about the whole of the shoulder head, staying open all the way through to your hip and then reverse.

Perfect. And we're doing three more repetitions.

Again, it's important to try and change your body position to make sure that you can see all views as at that point you might need to make some small coaching adjustments.

Last one, and back through. Fantastic.

# Areas of the Body Targeted

- Shoulder
- Arm

