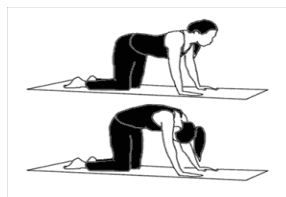


New to the Pro-Am Website you can now leave a review of my services via touch local – on my homepage [www.proamsportsinjury.co.uk](http://www.proamsportsinjury.co.uk) you will find a link to customer reviews which will show you how you upload a review which will be posted immediately.

## Two Common Problems

**A lower back that will not flex** A common cause of injuries is a flexibility problem in the lower back and hips. Immobility here puts extra pressure on other areas. Many people when I ask them to touch their toes say they have never been able to, that their hamstrings have always been tight no matter how much stretching they do. This maybe because the lower back is stiff. When bending forward your back should have a smooth curve throughout the whole spine. If your lower back is rigid it will remain flat and cause the mid back to over flex to compensate, this reduces the stability and produces a round shouldered posture. Here are a few dynamic mobility exercises that may help;

Knee rolls – Lie on your back with knees bent and feet flat, arms out to the side for support. Gently roll both legs from side to side



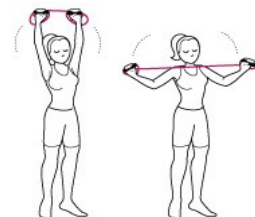
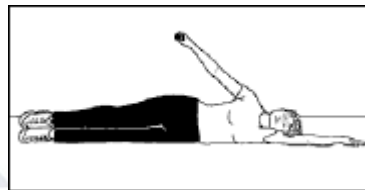
The Cat – kneel on on fours with hands below shoulders and below hips. Breath in and arch you back, tilt the pelvis up, hold for 2 seconds and reverse the curve with an out breath.

Knee to chest – Lie on your back grab both knee as you pull them up towards the chest and curl into a ball.

## Over doing the press

A common error (mainly the guys) in the gym is to over do the press and overhead type exercises , this can put your shoulders at risk of impingement which is a symptom of a muscle imbalance that causes strain to the rotator cuff muscles. It's important to put in some exercises to help keep the rotator cuff and scapula muscles balanced without this you have no stability. One of the most common muscle imbalances is a tight upper trapezius and a weak lower trapezius causing the shoulder to look raised and the bottom of the shoulder blade to wing slightly. This can happen because of going too heavy with the weights and focusing too much on the chest and not enough on the back. With the shoulder it is best to stick to high reps and light weights and concentrate on control.

External rotation – lie on your side with your top arm holding a dumbbell and bent at the elbow. Have your elbow fixed into your side and rotate the hand up and back.



Lateral raises (limited range) – lie on your side with your arm straight down your side holding a dumbbell. Lift your arm up until it reaches a 45 degree angle. Lower slowly.

Seated row – start with the arms stretched out and keep the back straight, while you pull the hands towards chest

Lat pull down – can be done on a machine or using an exercise band as shown above

If you have a shoulder injury you must get it assessed by an injury specialist. The longer you leave a shoulder injury to see if it gets better the longer the recovery. Only by getting someone to observe your posture and movements can the problem begin to improve.

All exercises shown are for information purposes only, If you think you have a stiff back or muscle imbalance then getting a tailored exercise routine created by an injury specialist is advised. They can then show you how to safely do these exercises.

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Questions or comments? E-mail us at [Jenna@proamsportsinjury.co.uk](mailto:Jenna@proamsportsinjury.co.uk) or call 01723 363332