

Preventing Shoulder Pain

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Let's talk today about preventing shoulder injuries. I know it's a major concern of yours, as I get emails every day – "My shoulders don't feel right, I got pain doing this, doing that." Of course you got to seek medical help first to get a diagnosis but what I'm going to talk about today is how you can prevent them. So, I can't diagnose it for you, and you probably will have a bad diagnosis that is not accurate. But before you get a diagnosis report, what can YOU actually do to prevent that.

Number one, you'll be surprised that the answer is actually oral hygiene. So what type of bacteria do you have in your mouth. There is growing evidence, I first heard of it twenty years ago, that they were linking some form of bacteria to osteo-arthritis. But now the research is quite clear and growing very fast, showing that specific types of bacteria can damage your cartilage, basically erode your cartilage.

The beauty of it is that there is now a test called oral DNA where you swish a solution inside your mouth and they call tell you exactly what type of bacteria there is in there. And it doesn't take a brain surgeon, a good functional medicine practitioner will be able to tell you what will kill that, is it lactobacillus rhamnosus or oregano oil.

I'm not a doctor, but you can find someone pretty good to tell you what to do. So, bad oral hygiene is a killer for cartilage. Steve Reeves pointed out, fifty years ago, that the health of the teeth was probably one of the best predictors of how strong the bodybuilder would be, and it makes complete sense now that the research is out.

The second is also about chemical and it's food intolerance. So if you have an unsuspected food intolerance, that food intolerance can actually destroy your joint. In my case, eating wheat and milk for years damaged my joints. Once I cut out those foods from my diet, my joints improved. For example my triceps tendons used to be constantly inflamed. And within five days of stopping to drink milk and eating toast for breakfast along with my steak and eggs my elbows stopped flaring up. So there are chemical causes and those are food intolerances and there is actually research that will show that certain foods will attack your connective tissues and in your friend, that same food will attack their thyroid. What we know now is that food intolerances will do specific damage in specific individuals.

The third cause of shoulder pain is something that you can easily prevent. It's to to more Trap-3 and more external rotation. Knee up external rotations, pulley external rotations where you only need to change the orientation of your hand to get a completely new stimulus, cuban presses, or even 2 arm incline dumbbell trap 3's, there are a number of variations to cycle through without repeating for well over a year.

Number four, is overuse of the subscapularis by always pressing the same way. Every five or six workouts your pressing exercise should change. You do 10° decline press, and then you can do a seven degree press, you do the grip narrow, or a little bit wider. You could do dips. But what I found with my athletes, I've been doing this thirty-nine years, I used to have all these... a ton of bobsleiders with bad shoulders and football players and as soon as I just varied the pressing exercise the pain went away. But of course I was following rule number three and giving them trap 3 and external rotator exercise and some scapular retractors. But by itself, just changing the pressing will reduce... Increasing the pressing variability reduce shoulder injuries.

And the fifth major cause of shoulder injuries is actually pressing too often between flat and 45°. So, over the years I've trained many athletes who improved their bench press by not bench pressing. And I found that four months out of the year you should concentrate on increasing the overhead press. That is assuming you can train year around. But let's say hockey players who could only train twelve to eighteen weeks, the first nine weeks I never did any bench presses.

So varying your press is very important and the thing I would say is that if you haven't lifted weight for at least thirty-six good months, one workout out of two should be done with dumbbells. But not like this (showing pronated grip), they should be like this, semi-supinated (showing neutral grip). If you press pronated, you are a moron. I told you now so don't do it again. Because, if you're using heavy dumbbells what's going to happen is that you are going to shorten the range of motion when the plates touch your chest and you're never going to have full range of motion. So if you want to have healthy shoulders, you should press in a neutral grip position, of course with dumbbells.

But there are bars, such the football bars that allow you to bench with a barbell with varying degrees of semi-supinated grip. So those are really good for your shoulders. I would say, for athletes, three weeks a year of bench press, standard bench press with a bar, is plenty IF you do the other stuff.

Matt Wenning is a big advocate of that and he benches over six hundred pounds and his shoulders are very healthy. Trust me on this: the bench press tends to be overrated and one of the best way to improve the bench press is NOT to bench press. Ed Coan would confirm that to you as well.

So, what are the things you learn today? One: get your teeth clean often. Check out of bacteria. Kill the bacteria. Two: get a food intolerance test. If you're intolerant, cut that shit out. Number three, make sure you train the trap 3, your external rotators and the scapular retractors. Number four: make sure you vary your presses. Don't do the same press more than six workouts in row, I prefer four. And then number five: make sure you work on overhead strength at least a third of your time.

I trust this video will be very useful to you

Thank you for listening

