

30 DAY SHOULDER FIX PROGRAM ///

The 30 Day Shoulder Fix is designed to solve the underlying problems that cause shoulder pain while promoting the healing of injured tissues.

Each week will challenge your shoulder to a greater degree. Progressively These movement progressions are paired with the Crossover Symmetry System, to make the shoulders stronger and better equipped to handle the increase in work for the following week.

There are 4 elements to the training plan:

1

Movement Restrictions

It's important to adhere to these movement criteria and only progress when it's time. Don't run the risk of having a set back by trying to advance too early. Be patient and trust the process!

2

Crossover Symmetry

The Crossover Symmetry System will be a staple of your rehab program. Using it daily will be important in solving your shoulder pain.

3

Mobility

Added mobility work will help free up the range of motion around your upper back and shoulders. Use this before getting into your CS Activation for the day.

4

Optional Accessory Exercises

Each week will have extra accessory exercises to help you further your progress. They can be completed as additional parts of a workout program, or as a stand-alone rehab plan.



Pain + Strength

If you want to increase your shoulder strength in addition to rehabbing your shoulder pain, then add the additional accessory exercises for our **Pain + Strength Program**. These additional pieces are indicated by the shaded boxes.

Pain

These three elements make up the **Crossover Symmetry Pain Program**. If you want a simple and effective way to end shoulder pain that doesn't require any additional equipment than this program is the only thing you need to follow.

Provocative Test

Each week will conclude with a provocative test for the shoulder progression included in the following week. If you have any shoulder discomfort with the week's provocative test, it is a sign that you shouldn't move to the following week. Just reset and do that week again.

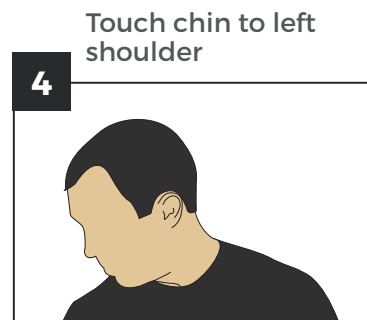
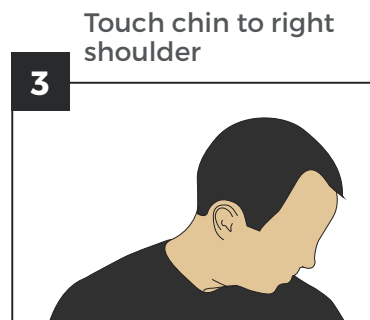
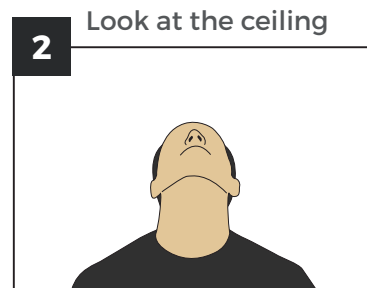
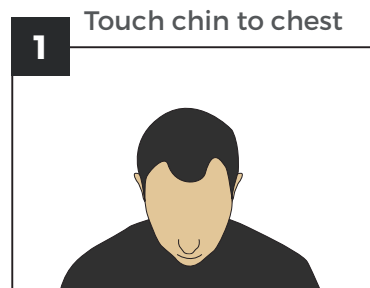
RED FLAG SCREEN ///

First, complete the Red Flag Screen to determine if you are ready for the 30 Day Shoulder Fix.

RED FLAG 1:

Neck or Spine Disorders

Pain or a significant limitation in the range of motion of the neck or spine is a Red Flag and reason to see a sports medicine professional. Here is a simple test to assess for these disorders:



It's ok if you cannot achieve the full range of motion. The goal is to assess for a significant limitation in range of motion and either pain, numbness, or radiating discomfort during each of these movements. If any of these conditions exist, visit a sports medicine professional.

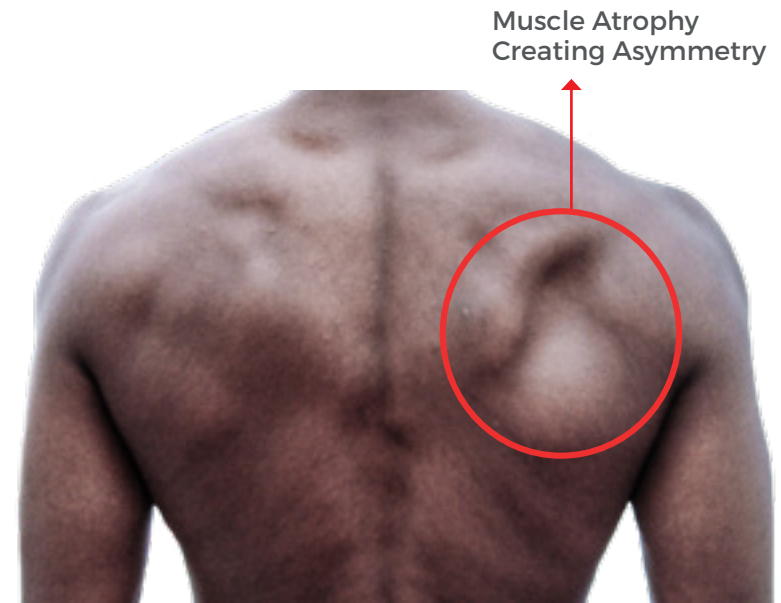
RED FLAG 2:

Atrophy and /or Asymmetry

Atrophy, which is shrinking of muscle, will create an asymmetry when comparing one side of the body to the other. The atrophied muscle appears as sunken in rather than rounded like the opposite side.

Also look for major deviations in position or alignment between the right and left sides. Minor asymmetries of the resting scapula are expected in athletes that compete in sports that have a dominant side, like baseball players.

Don't be too critical, as minor asymmetries are not Red Flags. You are only looking for obvious deviations such as the muscle atrophy pictured below. These undeniable differences are Red Flags and should be evaluated by a sports medicine professional.



RED FLAG SCREEN ///

RED FLAG 3:

Obvious Dysfunctional Movement

Test this by raising the arms overhead in front of the body. Test each arm individually and then both arms at the same time. The body shouldn't compensate by leaning to the opposite side of the arm being raised. Other issues may be significant sudden jerk, collapse, or winging of the shoulder blade on the affected side compared to the normal shoulder. Look for these changes with both lifting and lowering. These obvious dysfunctional movements are Red Flags and should prompt a visit to a sports medicine professional.



RED FLAG 4:

Numbness/Swelling/ or Weakness

Look for persistent or recurring swelling or numbness from the shoulder to the hand. This may indicate nerve entrapment, blood clot, tearing of a tendon, or a neck condition. Additionally, check for noticeable strength limitations in the shoulders/arms/hands during simple daily activities, such as opening a door or washing your hair. Any one of the above conditions meets the Red Flag criteria and a should get evaluated by a sports medicine professional.

Shoulder pain is not automatically a Red Flag, however apprehension (a feeling that your shoulder is going to come out of the socket) is a Red Flag. During any exercise if you feel like your shoulder is going to come out of the socket, discontinue use and see a sports medicine professional. Shoulder pain alone is not considered a Red Flag until the following two steps are taken.



RED FLAG SCREEN ///

RED FLAG 5:

Pain or Apprehension

Apprehension (a feeling that the shoulder is going to come out of the socket) is a Red Flag. During any exercise if you feel like your shoulder may dislocate, discontinue use and see a sports medicine professional.

Shoulder pain is evaluated when following the Crossover Symmetry Activation program. Although pain during the program is not considered a Red Flag until the following two steps are taken:

1. Reduce the resistance to a lighter Crossover Cords. If reducing the resistance does not remove the pain, proceed to step 2 and use the modified technique for the exercise.
2. The exercise modifications teach you how to properly alter the movement to complete the exercise without pain. Pictured below is the modification for the 90/90 exercise. By dropping the elbows slightly, this athlete can still work on external rotation while avoiding any shoulder pain. The goal is to modify to avoid pain and to gradually progressing to complete the exercise as prescribed.
3. If pain is still present during exercises when using lighter resistance and the modifications, it's still NOT a Red Flag. If it's present on 2 exercises or less, just skip over those movements when completing the program.

Pain is only a Red Flag when it's present on three or more exercises when using the light resistance and the exercise modifications.

RED FLAG 6:

Not Improving

When using Crossover Symmetry daily and following the movement restrictions, you should see improvements within 2 weeks. Even a slight improvement means you're on the right track and should continue. Passing the weekly provocative test is a good indicator of improvement. If you find that you cannot complete a week because you continue to fail the provocative test, or if you find that things are getting worse, this is a Red Flag and should prompt a visit to a sports medicine professional.



30 DAY SHOULDER FIX ///



Click on the exercise for video instruction

The primary focus for this week is to reduce shoulder pain and to start fixing shoulder mechanics. It's also important to evaluate what may be the cause of your shoulder pain. Is it due to the physical demand of your life, sport, or profession? Are you sitting for too many hours hunch over your desk? Or maybe there is a muscular imbalance that needs correcting? You should also use the Crossover Symmetry Red Flag Screen to determine if there is an underlying issue that may need further evaluation.

Restrictions

General:

- Reduce shoulder stress at all cost
- Limit shoulder activities to light loads
- Avoid carrying things for a long period (*child, backpack, etc.*)

Workouts:

- No overhead lifting on the symptomatic side
- Use Crossover Symmetry exercise modifications if needed

Provocative Test

CS Shoulder Activation

- No modifications

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	CS Shoulder Mobility <i>(As needed)</i>						
Mobility	<p><u>1/2 Kneeling Rotation</u> <i>(30 sec x 3 sets)</i></p> <p><u>Sphinx</u> <i>(10 reps x 3 sets)</i></p>	<p><u>T-Spine Flex/Extend</u> <i>(30 sec x 3 sets)</i></p> <p><u>Crossbody Stretch</u> <i>(30 sec x 3 sets)</i></p>		<p><u>1/2 Kneeling Rotation</u> <i>(30 sec x 3 sets)</i></p> <p><u>Sphinx</u> <i>(10 reps x 3 sets)</i></p>	<p><u>T-Spine Flex/Extend</u> <i>(30 sec x 3 sets)</i></p> <p><u>Crossbody Stretch</u> <i>(30 sec x 3 sets)</i></p>		
CS Session I	CS Shoulder Activation <i>(Modifications)</i>	CS Shoulder Activation <i>(Modifications)</i>	CS Shoulder Activation <i>(Modifications)</i>	CS Shoulder Activation <i>(Modifications)</i>	CS Shoulder Activation <i>(Modifications)</i>	CS Shoulder Activation <i>(Modifications)</i>	CS Shoulder Activation
Pain + Strength	No additional accessory work for the Pain + Strength Program						

30 DAY SHOULDER FIX ///

This week should up the ante regarding load on the shoulder and take you 1 step closer to pain free shoulder



Click on the exercise for video instruction

Restrictions

General:

- Start to increase the load on your shoulder
- Avoid the things that you feel might be causing your pain

Workouts:

- Avoid any pressing movements (*lifting overhead, push-ups, pushing heavy object, ect.*)
- Test all exercises for discomfort

Provocative Test

CS Shoulder Strength

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mobility	CS Shoulder Mobility <i>(As needed)</i>	<u>T-Spine Flex/Extend</u> <i>(30 sec x 3 sets)</i> <u>1/2 Kneeling Rotation</u> <i>(30 sec x 3 sets)</i>	CS Shoulder Mobility <i>(As needed)</i>	<u>T-Spine Flex/Extend</u> <i>(30 sec x 3 sets)</i> <u>1/2 Kneeling Rotation</u> <i>(30 sec x 3 sets)</i>	CS Shoulder Mobility <i>(As needed)</i>	<u>T-Spine Flex/Extend</u> <i>(30 sec x 3 sets)</i> <u>1/2 Kneeling Rotation</u> <i>(30 sec x 3 sets)</i>	
CS Session I	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation
CS Session II	CS Shoulder Recovery		CS Shoulder Recovery		CS Shoulder Recovery		
Pain+ Strength		<u>Forearm Wall Walk</u> <i>(7 reps x 3 sets)</i> <u>Single Arm Row</u> <i>(10 reps x 3 sets)</i> <u>Alternating Plank Taps</u> <i>(20 reps)</i> <u>Single Arm Farmers Carry</u> <i>(30 sec x 4 sets)</i>		<u>Forearm Wall Walk</u> <i>(7 reps x 3 sets)</i> <u>Single Arm Row</u> <i>(10 reps x 3 sets)</i> <u>Alternating Plank Taps</u> <i>(20 reps)</i> <u>Single Arm Farmers Carry</u> <i>(30 sec x 4 sets)</i>			

30 DAY SHOULDER FIX ///



Shoulder issues should be significantly diminished; it's time to start focusing on strengthening. The Crossover Symmetry Strength program will focus more intensely on strengthening the joint and improving movement quality.

Click on the exercise for video instruction

Restrictions

General:

- This week will see fewer restrictions
- You may begin pressing things below shoulder height

Workouts:

- No pressing overhead
- No pressing behind the body (e.g.- dips)
- Test all exercises for pain

Provocative Test

Test an activity that was once painful

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mobility	CS Shoulder Mobility <i>(As needed)</i>	T-Spine Flex/Extend <i>(30 sec x 3 sets)</i> 1/2 Kneeling Rotation <i>(30 sec x 3 sets)</i>	CS Shoulder Mobility <i>(As needed)</i>	T-Spine Flex/Extend <i>(30 sec x 3 sets)</i> 1/2 Kneeling Rotation <i>(30 sec x 3 sets)</i>	CS Shoulder Mobility <i>(As needed)</i>	T-Spine Flex/Extend <i>(30 sec x 3 sets)</i> 1/2 Kneeling Rotation <i>(30 sec x 3 sets)</i>	
CS Session I	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation	CS Shoulder Activation
CS Session II	CS Shoulder Strength	CS Shoulder Recovery	CS Shoulder Strength	CS Shoulder Recovery	CS Shoulder Strength		
Pain + Strength		Landmine Press <i>(10 reps x 3 sets)</i> Plank Pull Through <i>(10 reps x 3 sets)</i> Banded Pull Down <i>(10 reps x 3 sets)</i>		Landmine Press <i>(10 reps x 3 sets)</i> Plank Pull Through <i>(10 reps x 3 sets)</i> Banded Pull Down <i>(10 reps x 3 sets)</i>			

WEEK 4



30 DAY SHOULDER FIX ///

It's time to take on your life pain free. Return to your normal daily activities; however, continue to avoid those things that provoke you shoulder issues. Specifically, be careful with the volume and load when moving things overhead, and be aware of how much stress you are placing on your shoulder.

Click on the exercise for video instruction

Restrictions

General:

- There will be no restrictions this week, other than monitoring the volume and load placed on the shoulder

Workouts:

- Test all exercises for pain

Provocative Test

Are you pain free?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mobility	CS Shoulder Mobility <i>(As needed)</i>	T-Spine Flex/Extend <i>(30 sec x 3 sets)</i> 1/2 Kneeling Rotation <i>(30 sec x 3 sets)</i>	CS Shoulder Mobility <i>(As needed)</i>	T-Spine Flex/Extend <i>(30 sec x 3 sets)</i> 1/2 Kneeling Rotation <i>(30 sec x 3 sets)</i>	CS Shoulder Mobility <i>(As needed)</i>	T-Spine Flex/Extend <i>(30 sec x 3 sets)</i> 1/2 Kneeling Rotation <i>(30 sec x 3 sets)</i>	
CS Session I	CS Shoulder Activation or CS Shoulder Activation +	CS Shoulder Activation or CS Shoulder Activation +	CS Shoulder Activation or CS Shoulder Activation +	CS Shoulder Activation or CS Shoulder Activation +	CS Shoulder Activation or CS Shoulder Activation +	CS Shoulder Activation or CS Shoulder Activation +	CS Shoulder Activation or CS Shoulder Activation +
CS Session II	CS Shoulder Strength	CS Shoulder Recovery	CS Shoulder Strength	CS Shoulder Recovery	CS Shoulder Strength		
Pain + Strength		Half Get Up <i>(10 reps x 3 sets)</i> Arnold Press <i>(10 reps x 3 sets)</i> Single Arm Overhead Carry <i>(30 sec x 3 sets)</i>		Half Get Up <i>(10 reps x 3 sets)</i> Arnold Press <i>(10 reps x 3 sets)</i> Single Arm Overhead Carry <i>(30 sec x 3 sets)</i>			