



Guidelines for Overhead Athletes in Weight Training

Adapted from "Guidelines for Returning to Weight Training after SLAP and Bankhart Repairs for Shoulder Instability"

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Before returning to weight training following surgery or shoulder injury, you must have approval from your surgeon. You should also have completed physical therapy, achieved full range of motion and normal strength in the rotator cuff muscles and scapular muscles

The following lifts should be AVOIDED by overhead athletes, especially those who've suffered a SLAP, Bankart or other injury/surgery for shoulder instability:

- ⊗ **Bench Press**
- ⊗ **Lat pull-downs**
- ⊗ **Military Press**
- ⊗ **Incline Bench Flys**
- ⊗ **Flat Dumbbell Flys**
- ⊗ **Overhead Tricep Press**
- ⊗ **Dumbbell pull-overs**

Athletes who are returning to weight training following surgery should use these guidelines:

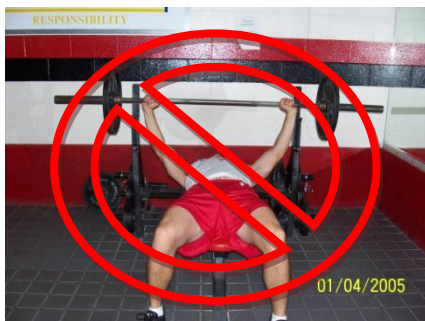
- ✓ **Substitute the towel bench for regular bench-press**
- ✓ **Bench press grip should be shoulder width apart**
- ✓ **Lat pull-downs only in FRONT of head with elbows bending no farther than 90 degrees or lower than your shoulder**
- ✓ **Front and lateral raises should only be done parallel to the floor**
- ✓ **No parallel dips below 90 degrees of elbow bend**
- ✓ **No Skull-Crusher lifts for triceps, substitute kickbacks, rope/V-bar push downs.**
- ✓ **Avoid incline flys and presses**
- ✓ **No matter what lift you're performing, NEVER let your elbow get below your shoulder when doing lifts on your back**
- ✓ **Upright row grip should be at least 12 inches apart. Do not raise the bar higher than the point where elbow reaches shoulder level.**
- ✓ **Continue rotator cuff strengthening with Theraband 2-3 times per week.**

Strength Training Guidelines for Overhead Athletes

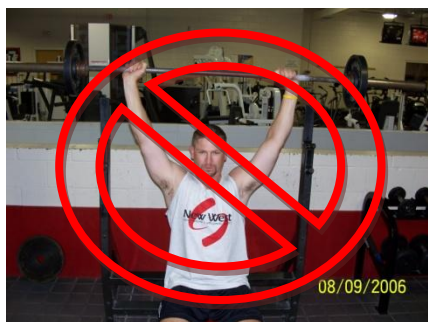
- ✓ **Warm Up:** Perform 1x10 of 1A, 1B, 2A and 2B from Throwers 10 before lifting.
- ✓ **Flexibility:** Always stretch before and after a workout
- ✓ **Rest Periods:** 3-5 minutes for major lifts (i.e. squat, lunge, Olympic lifts). 1-2 minutes for smaller lifts/exercises.
Shortened rest between lifts leave your muscles unable to lift at optimal intensity to achieve desired results.
- ✓ **Mechanics:** Always practice proper mechanics. Quality over Quantity!
- ✓ **Control:** Lift weight smoothly with strict control.
- ✓ **Fatigue vs. Pain:** Do not lift through pain; know the difference between fatigue and actual pain.

Lifts To Avoid:

Bench Press



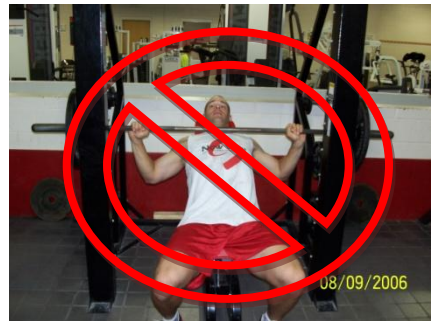
Military Press



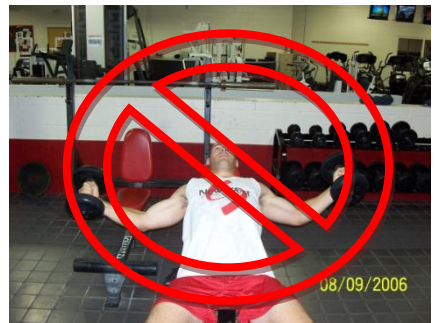
Flat Flyes



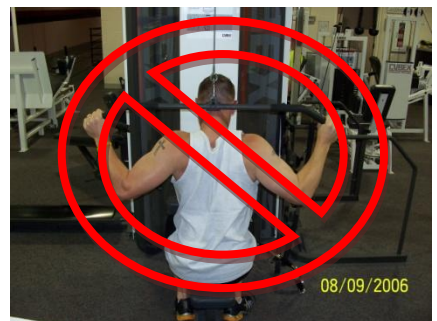
Incline Press



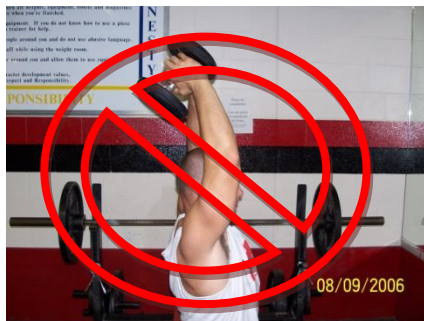
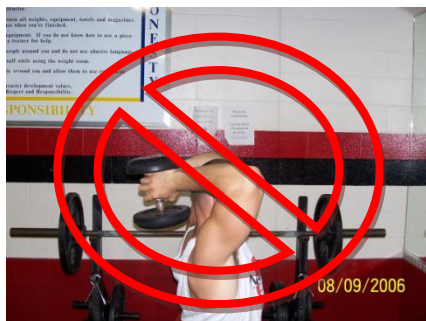
Incline Flyes



Lat Pull Downs



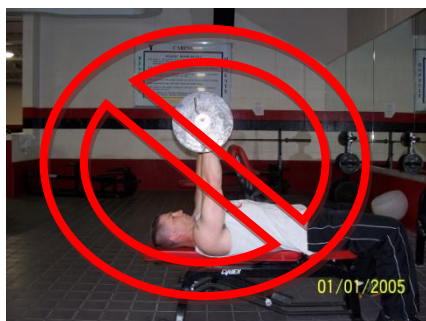
Overhead Triceps Extension



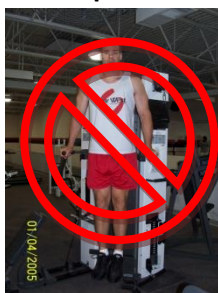
Dumbbell Pull-Overs



Skull-Crushers



Parallel Dips



Substitute Lifts

Towel Bench



Lateral Raises



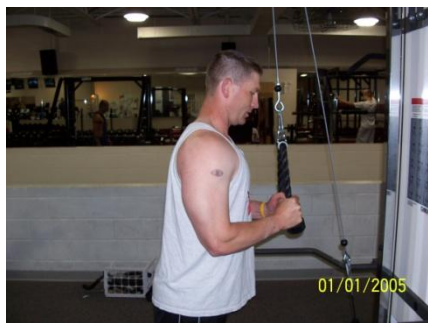
Front Raises



One Arm Rows



Push Downs



Upright Rows

