

How Poor Posture May Increase Shoulder Injury Risk

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"An ounce of prevention is worth a pound of cure." – Henry de Bracton

To help screen baseball players for injury risk, [a study in the American Journal of Sports Medicine:](#)

The Relationship Between Forward Scapular Posture and Posterior Shoulder Tightness Among Baseball Players

Used a "double square" measurement shown here:



Figure 1. Forward scapular posture is measured with a double square.

and found that *the further away the throwing shoulder was from the wall, the tighter the back of the shoulder was and the greater the risk for injury.*

Specifically:

Players with a throwing shoulder 170-189 millimeters forward from the wall "had higher amounts of posterior shoulder tightness".

Because tightness in the back of the shoulder can increase injury risk:

Assessing Posterior Shoulder Contracture: The Reliability and Validity of Measuring Glenohumeral Joint Horizontal Adduction

Proper posture can help prevent shoulder tightness and may decrease injury risk.

How Can I Maintain Proper Posture and Shoulder Position?

- **Jumping Rope!** You can [click here to find out how jumping rope increases shoulder strength.](#)
- **Proper Shoulder Strengthening Exercises.** Strengthening the BACK of the shoulder is priority #1 and you can find those exercises here.
- **Core Strengthening.** Here are 4 ways to find out if you have a weak core.

Have A Question About This Newsletter?

Email (PitchingDoc@msn.com) or call (631-352-7654) Dr. Arnold!

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