



Avoid this shoulder injury

NAME:

DATE:

This worksheet is a supplement training guide to “Avoid this shoulder injury” video published on August 24, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

It's Humpday Hustle! A perfect time to discuss our body, our temple. Many athletes and bodybuilders deal with shoulder pain and injury at one point or another. But how do you minimize the chances of this happening to you? And what is the best course of action if you do incur a shoulder injury?

There are many things you can do to prevent shoulder injury. You can use a spotter to help you out. In this way, you can avoid doing unnecessary motions that can cause shoulder injury. Tuck and lean, avoid throwing and forcing the weights up. Use weight machines or barbell instead.

What is the best course of action if you do incur a shoulder injury?

Luckily, there's a lot of things you can do to treat your shoulder injury. You can start by icing the affecting area to help minimize swelling around the injury, reduce bleeding into the tissues, and reduce muscle spasm and pain. You can get ultrasound or X-ray to check out the extent of your injury. Or build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupunctureist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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