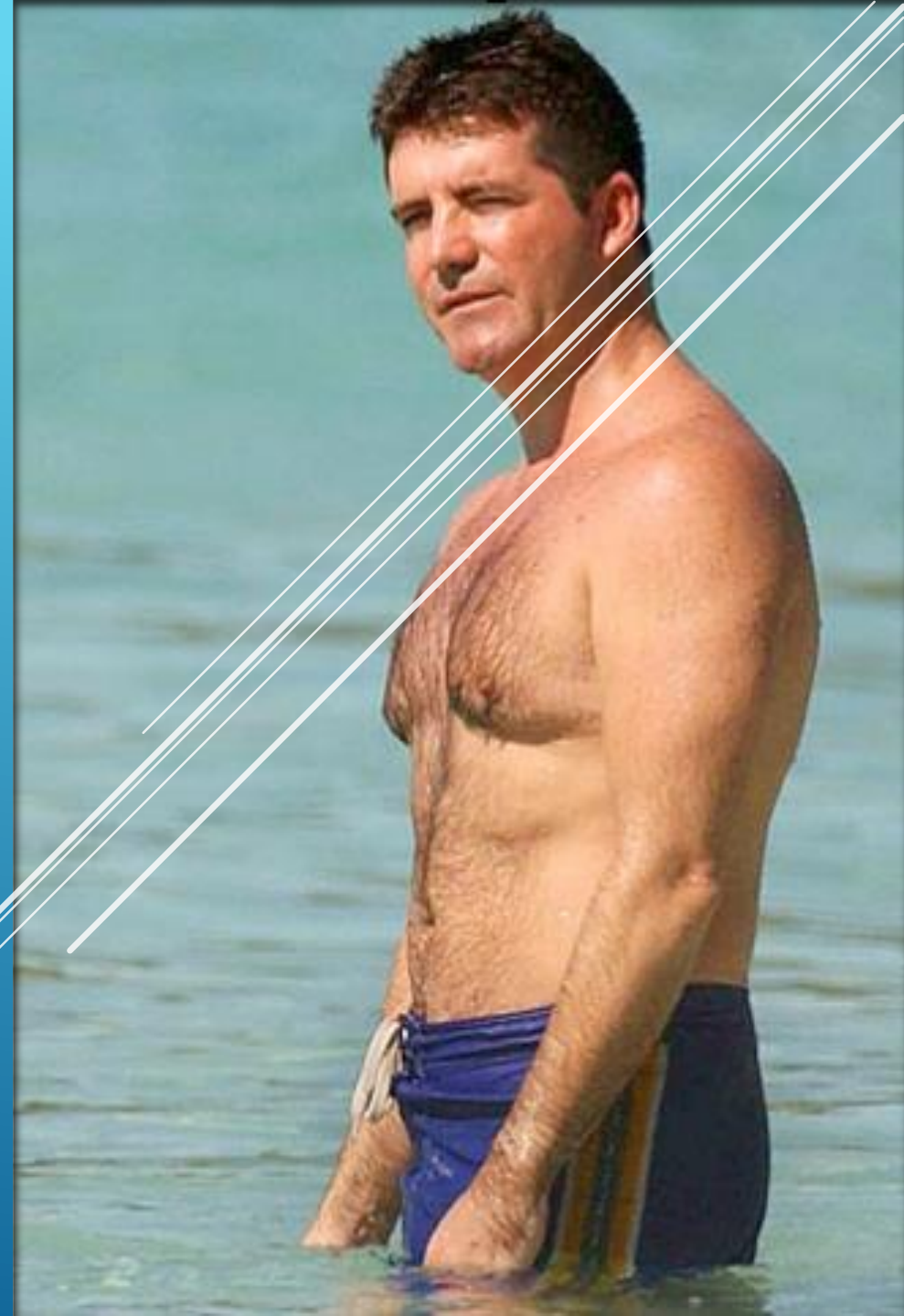


SMART WORKOUTS

Moobs- Is that such a bad thing?

Ask's Saba Kamal, OTR, CHT



- ▶ Guys will do almost anything to avoid Moobs
- ▶ They would rather look like hulk than have Man boobs
- ▶ Interesting, isn't it
- ▶ Ok – agreed they are not the most gorgeous thing but....HULK is that the best replacement?

MEN HATE MOOBS

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue gradient background.

- ▶ They think women like the hulk look?
- ▶ Wonder if any man has ever taken a poll asking women if they like that hulk look

HULK LOOK ALIKE

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- ▶ I am a therapist so my answer would be a bit more scientific but even if I left that aside
- ▶ Really – a hulk look
 - ▶ Ok big arms
 - ▶ Big pecs ??
 - ▶ Forward flexed posture ... hmm!!

WHAT'S WRONG WITH THE HULK

- ▶ Lets look at the signs of a confident man
 - ▶ Its upright
 - ▶ Broad open shoulders
 - ▶ It's the confident posture that we see when we see an upright man with shoulders back

SIGNS OF A CONFIDENT MAN



- ▶ Hulk its the Big built
- ▶ But it has a forward flexed posturing as pecs pull shoulders inwards
- ▶ Thus, not giving the man the upright look
- ▶ It does take the Moobs away but it gives rounded posturing of the shoulder

HULK LOOK

- ▶ Why is that rounded posturing bad.
- ▶ Let me explain

POSTURING



- ▶ Our shoulder allows us for almost 360 deg of motion
- ▶ But that motion comes at the expense of stability
- ▶ In order to keep the shoulder stable certain muscles have to work in conjunction to keep it strong and pain free
- ▶ They are the phasic muscles like the rhomboids, rotator cuff etc
- ▶ The tonic muscles are the big muscles like the pecs / deltoids

STABILITY VS MOBILITY

**Tonic Muscles
Prone to Tightness or
Shortness**

Pectoralis Major
Upper Trapezius
Levator Scapulae
Scalenes
Sternocleidomastoid
Upper limb flexors

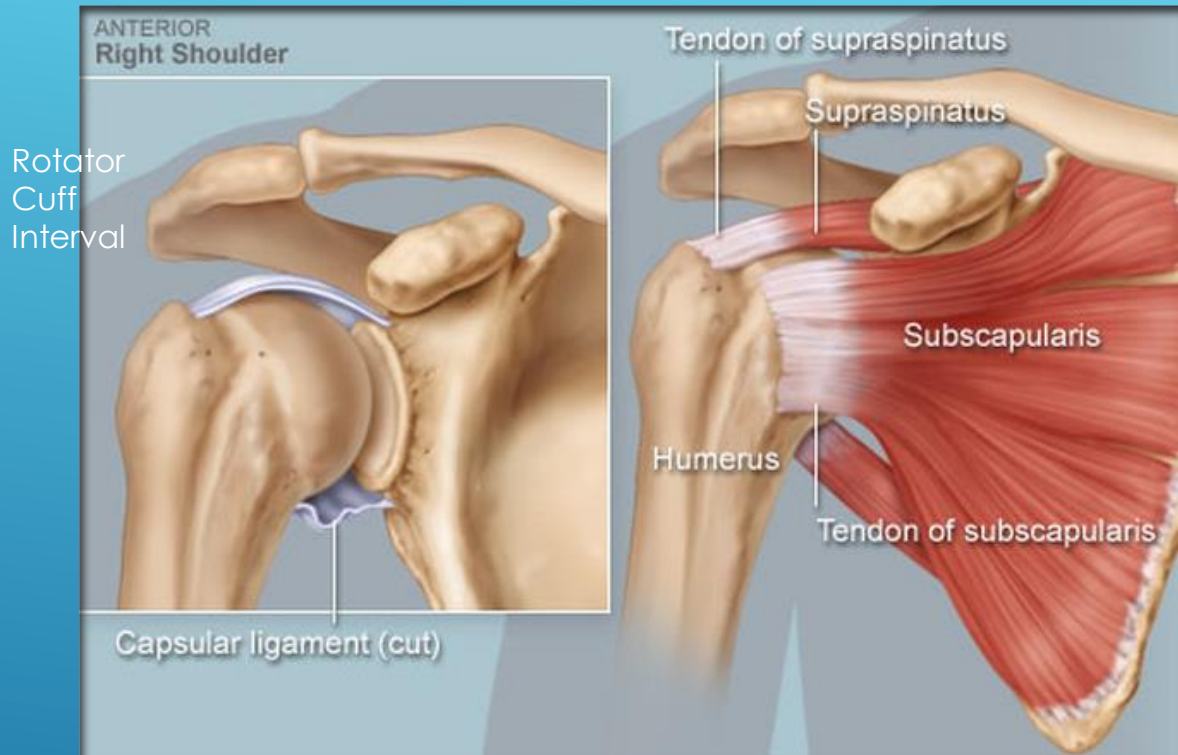
**Phasic Muscles Prone to
Weakness or Inhibition**

Serratus Anterior
Rhomboids
Lower Trapezius
Deep neck flexors
Upper limb extensors

TONIC VS PHASIC

- ▶ Why is it bad to strengthen the tonic muscles (Pecs and Delts)
- ▶ After all they make us look good – per some (beauty lies in the eyes of the beholder)

QUESTIONING WORKOUTS



- ▶ Stability of the shoulder comes from the phasic muscles
- ▶ Till 90 degrees – everything is fine and dandy
- ▶ Beyond 90 deg flexion of the shoulder
- ▶ The shoulder slowly starts to rise up and close the rotator cuff interval
- ▶ Well – just above that shoulder joint is the bursa and a bone that sits on top called acromion and the rotator cuff passes between them

SHOULDER ANATOMY

- ▶ As the rotator cuff interval closes
 - ▶ It causes Impingement which is the first sign – pain in the shoulder: reaching overhead, or sleeping on it etc
 - ▶ 2nd bursitis – pain in shoulder
 - ▶ 3rd Tendonitis – painful arc
 - ▶ 4th Rotator cuff tear – Catching / drop arm

- ▶ All part of the Rotator cuff pathology spectrum in various stages

ROTATOR CUFF PATHOLOGY

- ▶ Now it becomes a no brainer that in order to avoid pain from the rotator cuff pathology, one has to keep the rotator cuff interval gap as wide as we can

ROTATOR CUFF INTERVAL

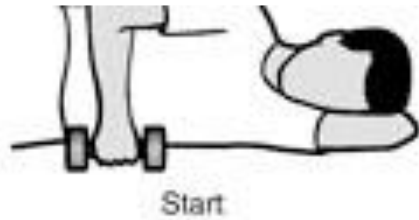
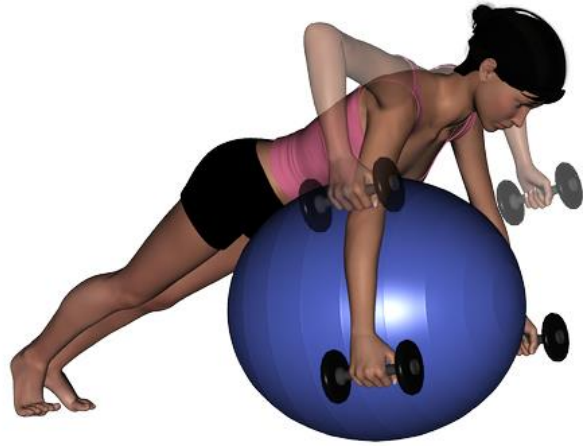
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- ▶ What prevents the RTC interval gap from closing
 - ▶ So as we raise the arm up above 90 deg the shoulder starts to rise up but it is the RTC muscles that helps provide a force couple to depress the shoulder and keep it in place, thus reducing the shoulder from rising up and closing the RTC interval gap

ROTATOR CUFF INTERVAL

- ▶ 2nd Our scapula is attached to the rib cage with nothing but muscles
 - ▶ If those muscles are weak, the scapula wings forward
 - ▶ If you have a protracted scapula (hulk position) it closes the RTC interval gap thus impinging the RTC muscle
 - ▶ If you slouch the gap closes – try slouching and raising your arm up. You won't be able to go far up. However, if you bring your scapula back, that means correct your posture then raise your arm up, you can go up full range without problems
 - ▶ Also, the pec muscle is attached anteriorly to the scapula pulling it forward, which means if the pecs are over built, it will cause the person to forward flex or create a slouched posture, which will recreate the same effect

ROTATOR CUFF INTERVAL



- ▶ How do we increase the RTC interval gap
- ▶ 2 things
 - ▶ 1st Strengthen the postural muscles (Rhomboid/ phasic/ postural muscles)
 - ▶ 2nd strengthen the rotator cuff muscles (external rotators – opening the shoulder)
- ▶ Stretch the tonic pecs

ROTATOR CUFF INTERVAL

- ▶ If the tonic (pecs are over built) then the phasic muscles which are weak will have to do more work
- ▶ Plus, deltoid is a shearer and will cause the shoulder to jam into the acromion creating impingement of the shoulder

ROTATOR CUFF INTERVAL



- ▶ So coming full circle
- ▶ Moobs may look bad but it may not be as bad when it comes to function
- ▶ If you really hate moobs, work on pecs but don't forget to work twice as hard on rhomboids, RTC muscles and stretch out those pecs to maintain correct, upright and confident posture

SO ARE MOOBS REALLY THAT BAD?

- ▶ So let us know if you change your workout style

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