

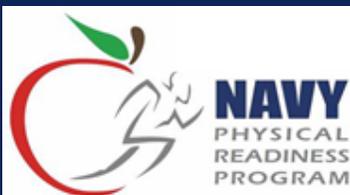
STAY FIT!

MARCH 2014

Common Exercise-Related Shoulder Injuries

Common injuries to the shoulder include rotator cuff impingement, rotator cuff tendonitis, and rotator cuff tears. Shoulder instability is found in 68 percent of individuals with rotator cuff problems. Factors leading to the rotator cuff tendonitis and tears include: Sudden trauma, overuse of overhead activities, with improper form, poor posture, and improper exercise selection and technique.

BUILDING A CULTURE OF FITNESS



Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!

NDW Washington, DC. CFL class, led by MWR Fitness Specialist, poses for a picture after their final two-hour workout.

WORKOUT OF THE MONTH: "Osborn"

Warm-up 5-10min

Cardio

Elliptical Machine - 45 minutes set at desired intensity level

Chest

Push-ups, Incline dumbbell chest flyes, Machine chest press, Dumbbell tricep kickbacks

Goal: 4 sets but weight will vary

Shoulders

Dumbbell front raise, Dumbbell side raise, Barbell upright rows, Machine shoulder press:

Goal: 4 sets for 20 reps

About the Workout: "Osborn" LCDR Shane Osborn former Navy pilot of the U.S. EP-3 spy plane that collided with a Chinese F-8 fighter jet on April 1, 2001. LCDR Osborn and his crew of 23 were held hostage for 12 days. Upon departure from Navy, LCDR was awarded the Distinguished Flying Cross and Meritorious Service Medal. Currently, LCDR Osborn is making a run to be his State next Senator of Nebraska.