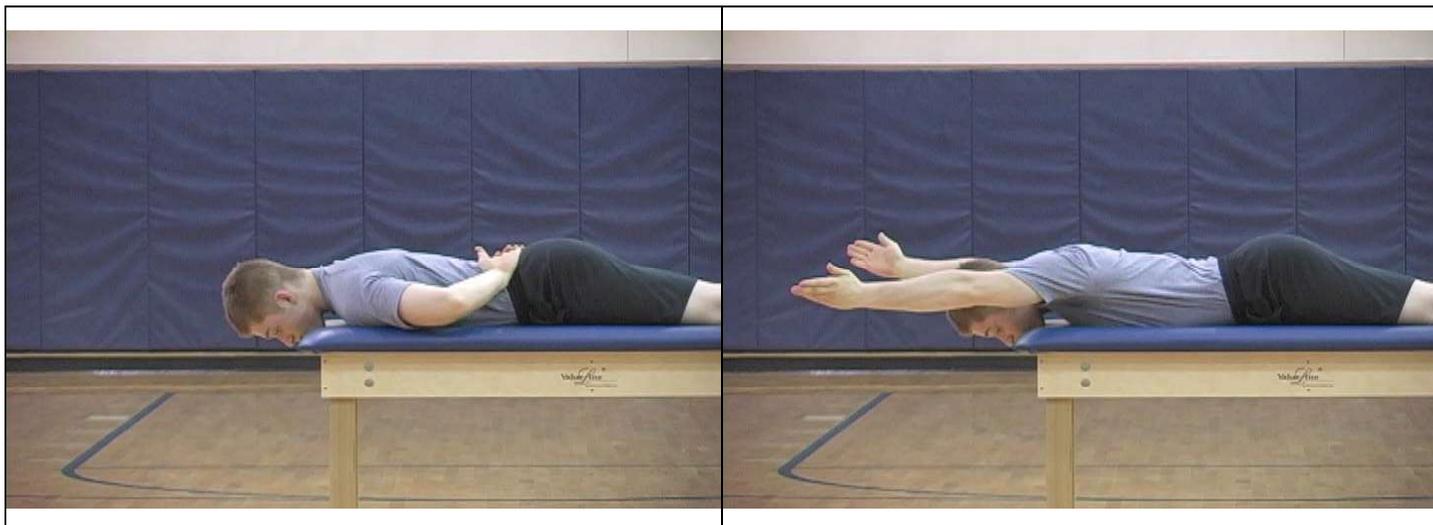


15.4 – DYNAMIC BLACKBURNS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve shoulder internal rotation mobility. ▪ To improve scapular upward rotation.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Set-up by lying face down on the ground or a bench. ▪ Place your hands behind your back as if you were being handcuffed.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ To begin, retract the shoulder blades, externally rotate the humerus, and make a wide, sweeping arc until your hands form a "Y" in front of your body. ▪ Return to the starting position, making sure to internally rotate the arms as you pass 90 degrees of abduction on the way down.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the chin tucked throughout the movement. ▪ Don't force the range of motion. ▪ Externally rotate the arms as you move up, and internally rotate them as you move down.