

The Atlatl

Volume 15, Number 3

HOW TO AVOID ROTATOR CUFF INJURIES

By Leni Clubb & Judy Pritchard

Some of you have experienced this malady, but even if you haven't as yet, here are a couple of exercises to avoid the painful effect of throwing a dart with the atlatl too often, practicing too long or not "warming up" before a practice or contest.

This short article was published in the Parade Magazine section of the San Diego Sunday paper and was written by a Ph.D Michael O'Shea, who is a fellow at the American College of Sports Medicine. The Rotator Cuff stretch was written for golfers, but could be used by atlatlers, so I have used the word "atlatl" instead of "golf club".

"Hold the atlatl vertically behind your back with your right hand over your right shoulder and grab the shaft with your top hand until you feel the stretch in the shoulder of your lower arm, which should stay relaxed. Hold for 20 seconds and pull the atlatl downward with your

bottom hand until you feel the stretch. Reverse position and repeat."

Judy sent these exercise stretches & sketches. She says # 1 and # 2 are most important. # 3 and #4 are good but if time is short, leave them out.

1 - Grasp your elbow with the opposite hand and pull with gentle to moderate strength. Hold for 30 seconds and release. Reverse hands and repeat. See sketch.

#2 - Use the same principal as in # 1, grasping your elbow as shown in sketch and pulling with gentle to moderate strength. Hold for 30 seconds and release. Repeat 3 times. Reverse hands and repeat. See sketch

#3 - With your arms behind you and your hands clasped, gently pull your arm to the opposite side while tilting your head in that direction. Reverse

and repeat. See sketch.

#4 - Grasp your hands together behind your body and pull them away from your body. DO NOT thrust your head forward. Try to keep it upright on your shoulders. See sketch.

