

Arm Circles

Default Recommended Repetitions: 50x

Primary Muscular Involvement:

- Trapezius, all 3 divisions. Upper and middle divisions responsible for the retraction as well as upward rotation of the scapula while the lower division is more active in the maintaining of spinal extension.
- Rotator cuff group: All muscles in this group are responsible for glenohumeral joint stabilization. Muscles in this group also responsible for abduction, lateral and medial rotation.
- Deltoid, all 3 divisions. The major contributor to the continued abduction of the humerus. Posterior division responsible for horizontal extension and lateral rotation, while the anterior division is responsible for medial rotation and in the backward/palms up movement, horizontal flexion.
- Rhomboids work to stabilize the scapula in a retracted position as well as aid the paraspinal extensors in the thoracic region.

Functional Purpose:

Primary:

- To release overcompensating and disparagent upper quadrant muscle groups, allowing for proper function to ensue.
- To set the shoulders in the appropriate anatomical position at the beginning of a routine. This occurs through actively moving the shoulder girdle posteriorly relative to its previous position on the thorax.
- To restore shoulder girdle stabilization during a modified ROM at the Glenohumeral joint. This is accomplished in conjunction with repositioning the Glenoid Fossa in the frontal plane.
- To augment relaxation of the erector spinae group through a dynamic exercise.
- Promotes thoracic extension by dictating arm position relative to the torso.
- Impose a dynamic muscular demand on the shoulders while attempting to keep the pelvis stabilized under a vertically loaded torso
- Immediately repositions the pelvic girdle, by virtue of the newly created thoracic extension, allowing for decreased rotational capacity of the spinal column and the pelvis.

Secondary:

- The mechanical line of pull of the Infraspinatus, Supraspinatus, and Teres Minor is most efficient in this position.
- Co-contraction of the biceps and triceps is necessary for both the Glenohumeral and Humeroulnar joint stabilization (more significant in the palms up position).
- Increases blood circulation and synovial production to the structures of the shoulder girdle.
- To increase metabolic activity and core temperature using a functional movement

Contraindication:

- Rotator Cuff tear
- Capsulitis
- Pain from bursitis of the shoulder
- Cervical pain and associated neurological abnormalities
- Vertigo