Twitter Thread by Ollie Emberson



Ollie Emberson
@OllieEmberson

Shoulder pain destroying your workouts?

My client & I fixed 14 months of shoulder pain in 6 weeks.

9 tips to help you train 100% pain-free in 6 weeks or less (read to avoid frustration & muscle loss):



■#1: Ditch Big Lifts

If an upper body lift causes pain,

Regress to a supported version (Eg. Machine or cable) that’s less painful …

Or remove it temporarily.

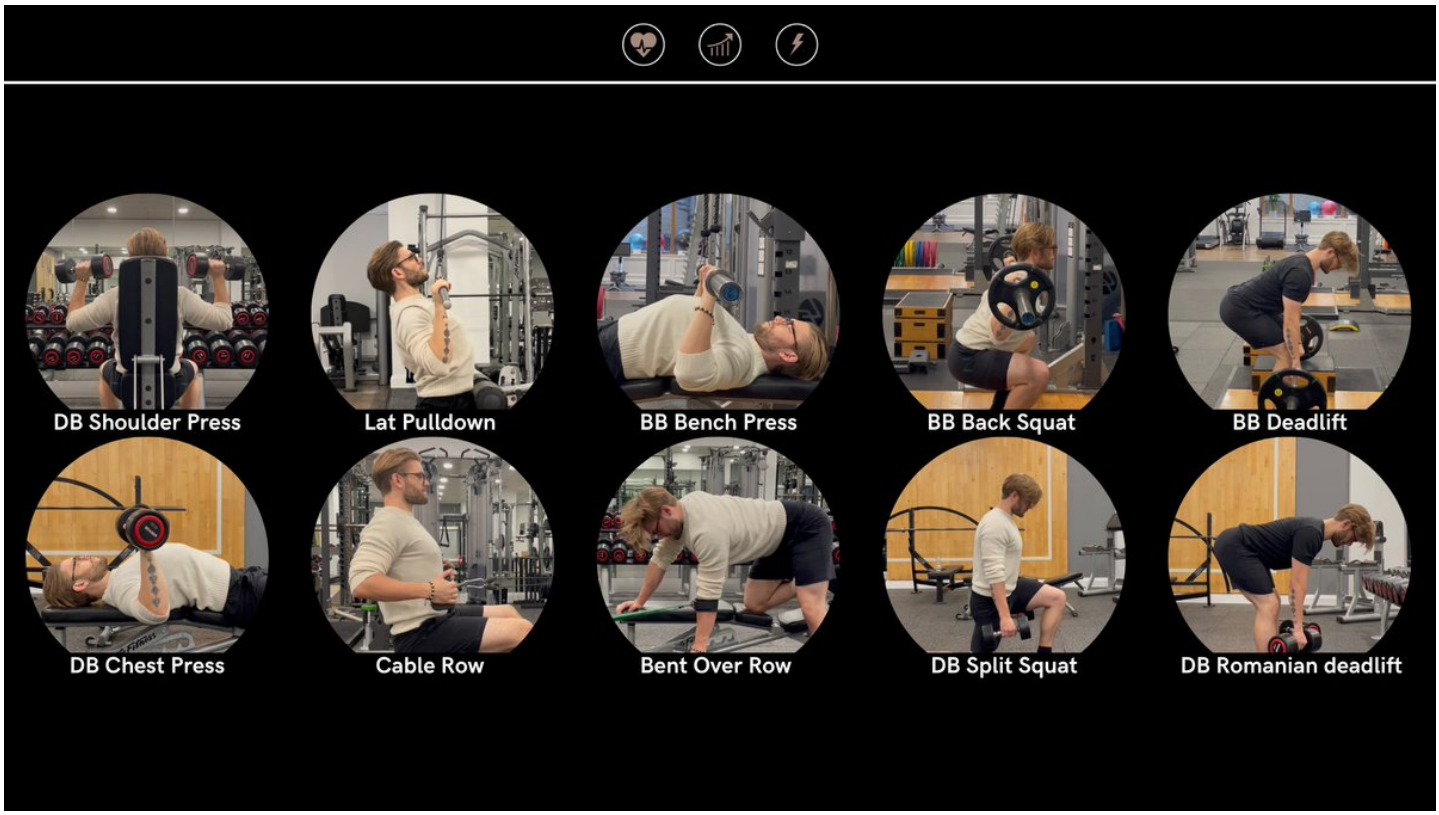
PS

This means LOWER BODY exercises too.

Why?

Because they can put stress on your rotator cuff due to position or weight.

Here’s a full list ■



■#2: Use Targeted Exercise

The goal:

Use TARGETED exercise,

That restores function to the problem area.

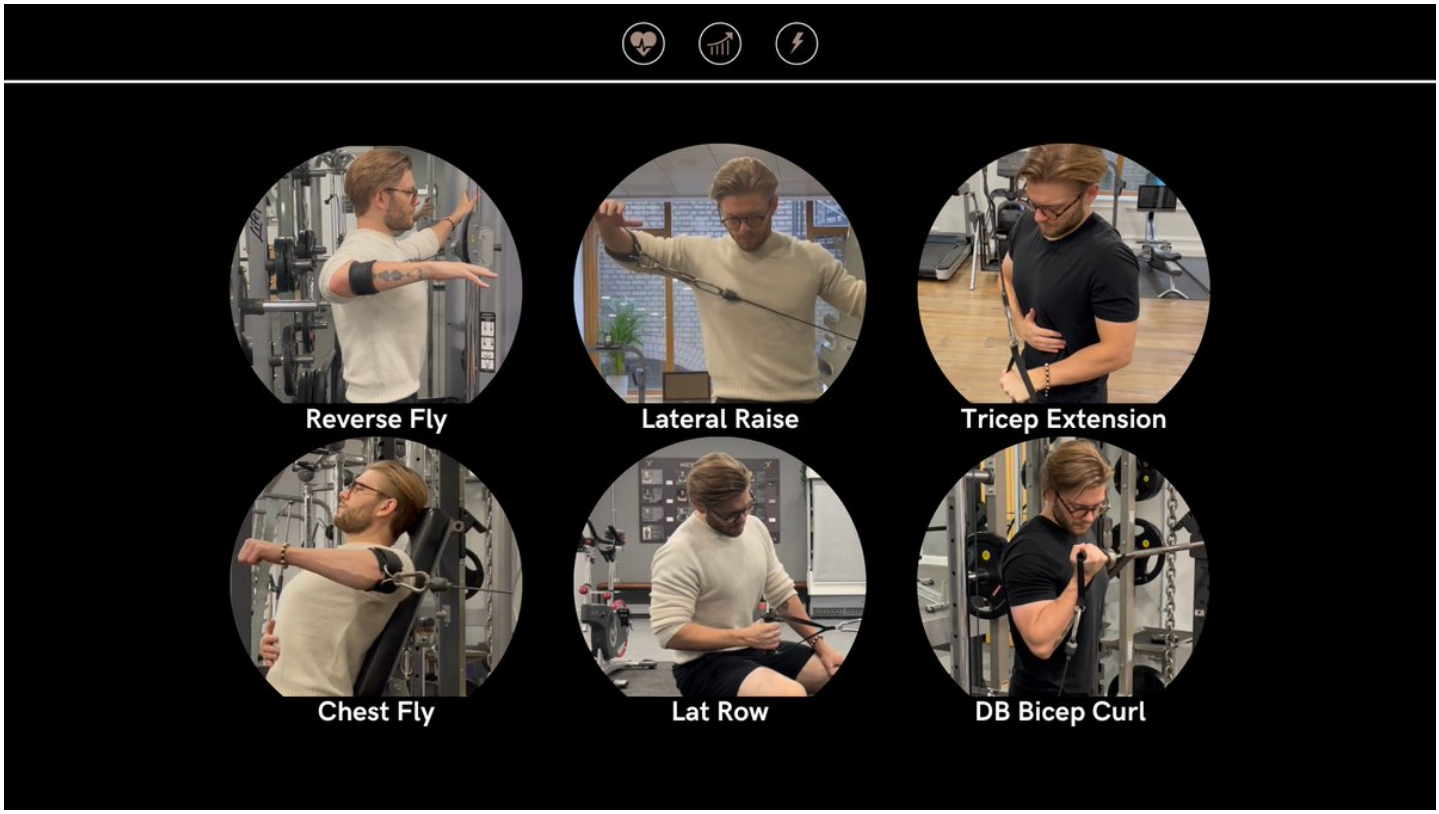
See next tweet for 6 examples…

PS

Start with these parameters:

- 8 reps
- 2-3 sets
- Use cuffs
- Use Cables
- 3s up, 3s down
- A pause either side

Ps. The cuffs & cables below are not optional, they’re ESSENTIAL ■



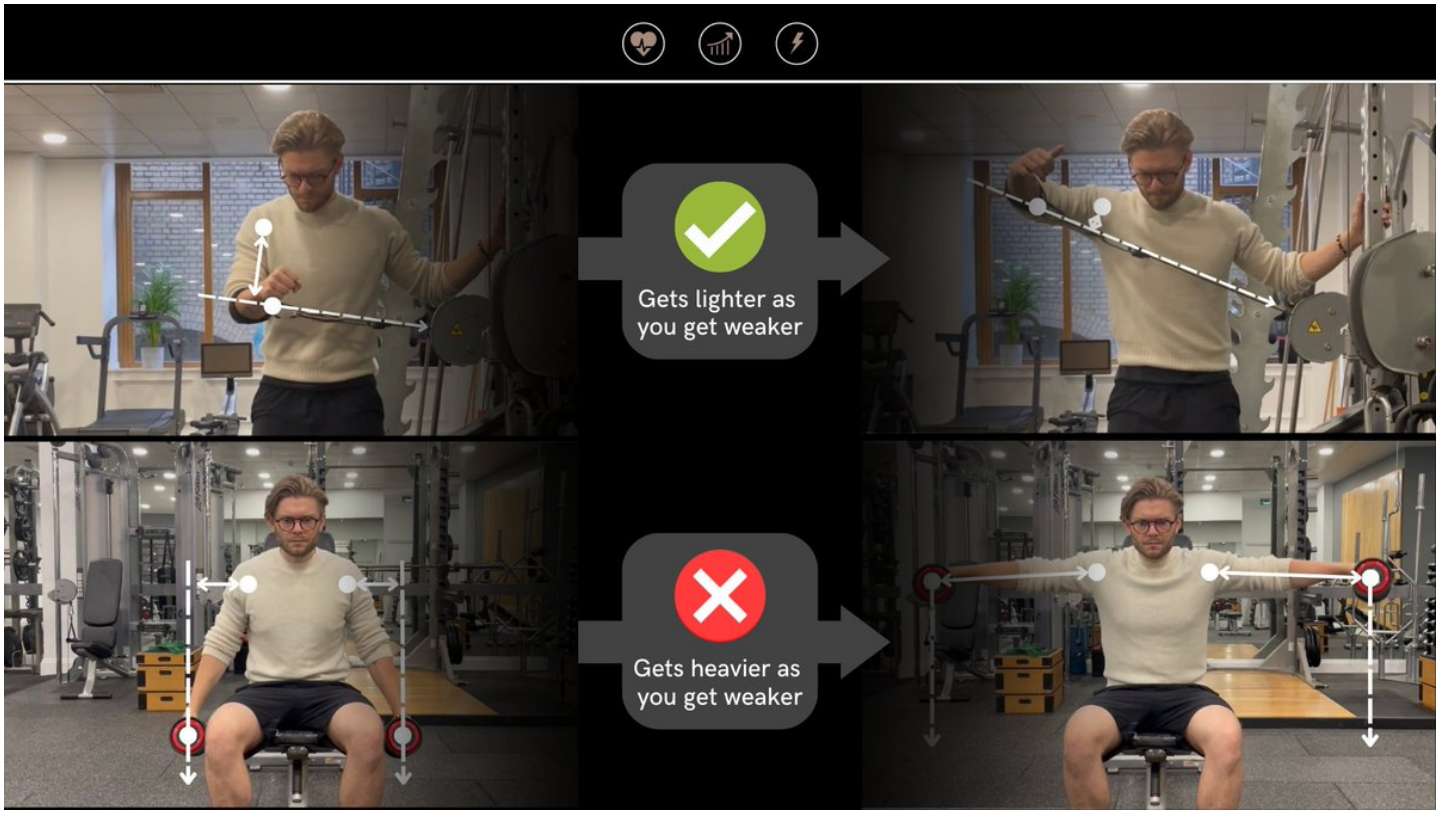
■#3: Use Cuffs & Cables

If you do these exercises /w/ dumbbells:

You will NOT get the results.

The cuffs shorten lever length, remove the elbow & reduce pain.

An example of what cables do ■



PS

If you don’t do these exercises correctly, you not NOT improve your shoulder pain.

Need help doing this?

If you want to move & train 100% pain-free in 16 weeks: DM me ‘READY’

(Not free. I work with you 1-1 for up to 6 months. Results guaranteed)

https://t.co/wtbXvuIlyd

■#5: Do Less (More Often)

When you have shoulder pain,

Volume is a problem:

-Lots of exercises
-Upper lower workout splits
-Lots of reps &/or sets

The solution: Do less, more often ■

Ps.

Let’s say you do 12 sets per week.

You'd have 2 options:

#1
3 Full body sessions
x 4 sets per workout

#2
2 Upper/lower sessions
x 6 sets per workout

If you want to reduce your shoulder pain and irritation, choose option 1.

■#6: Stop Stretching

Stretching improves flexibility and reduces pain…

But it doesn't:

- Help fix injury
- Improve mobility
- Fix long-term pain

Do these mobility drills instead…

■#7: Mobility Drills

To improve mobility, muscles MUST contract.

And improved mobility:

-Reduces pain
-Improves function
-Boosts performance

You can do this example routine as a 1) pre-workout warm up or 2) daily drill ■



■#8: Pre-workout MAFAs

MAFA = “Multi-axial Force Application”

These movements:

- Improve stability
- Boost performance
- Remove joint clicking

Use them before a workout or as an exercise in your program…

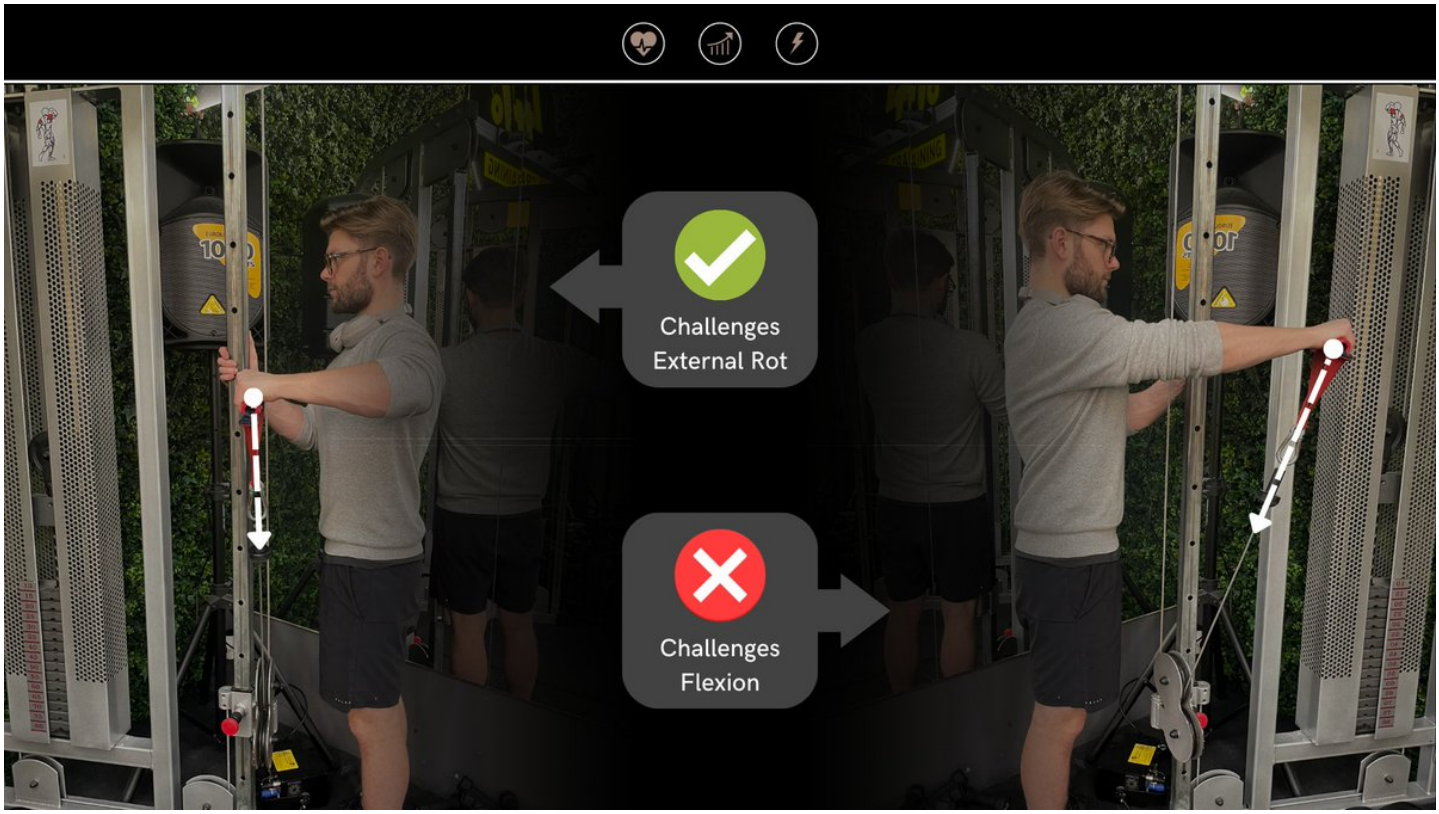
PS

This could be a thread of it’s own.

(yawn)

So for now:

Here’s 1 example you can use to reduce pain & clicking on your bench ■



■#9: Pre-workout CSI

CSI = “Contraction sensitive Isometric”

These movements focus on prepping the “opposite muscles” of an exercise.

Important:

Because these muscles will either add stability or limit your strength…

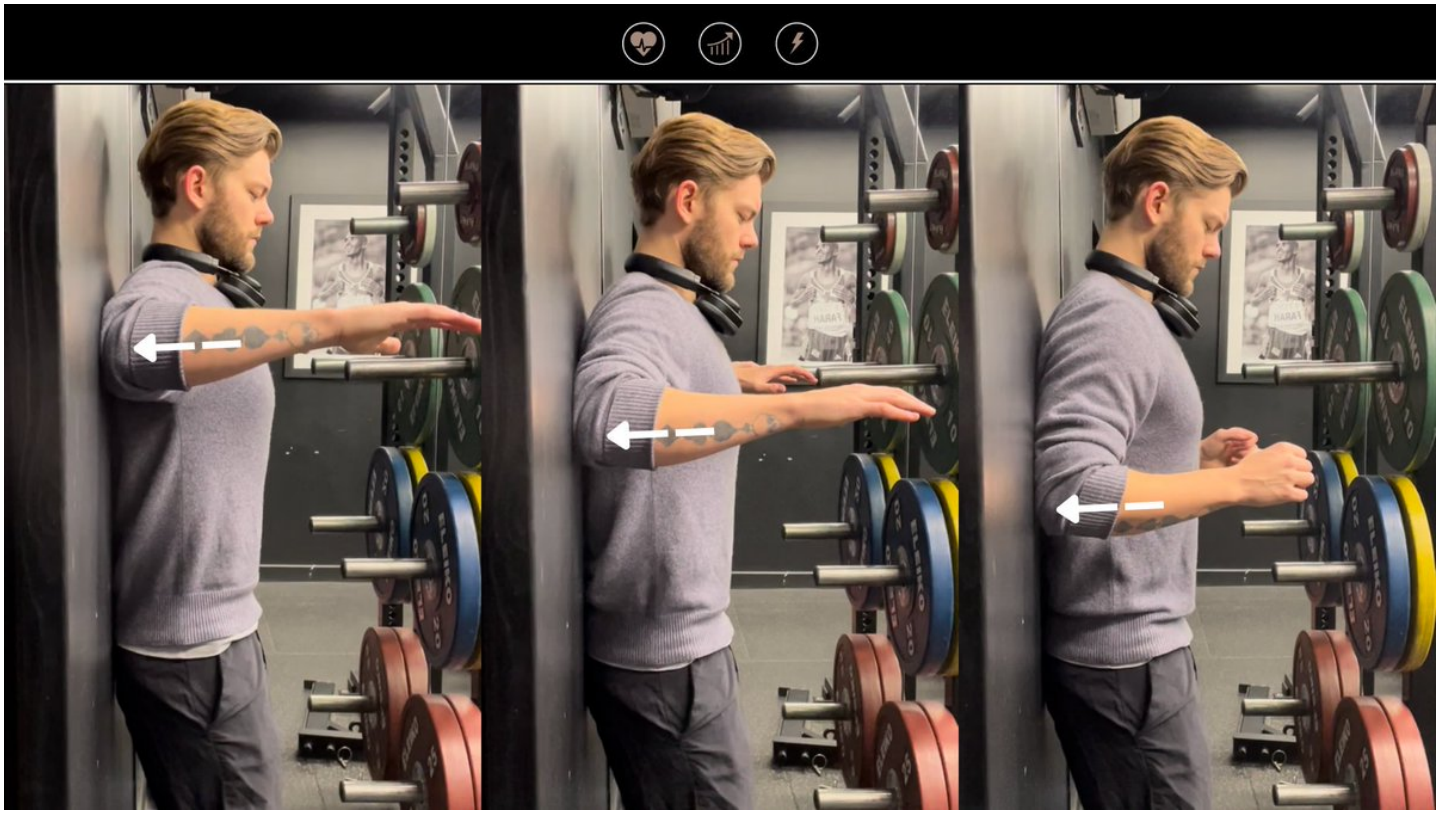
PS

Here’s another bench example:

Because the bench ALWAYS seems to be a shoulder pain problem.

- Hold for 5 seconds
- Rest for 5 seconds
- Repeat 2 of each

Here’s what it looks like (do these before your 1st working set) ■



■#10: Move Slow

If your shoulder clicks:

It’s because muscles are struggling to work at certain parts of the range.

Slow down the movement to reduce clicking and allow muscles to ‘catch up’…

PS

Start with:

-3 seconds up
-3 seconds down
-Pause either side

And then:

- 2 seconds up
- 2 seconds down
- Pause either side

And remember: the quicker you move, the more difficult it is to control.

That’s a Wrap!

If you found this valuable:

1/ Follow @ollieemberson for more on:

- Pain-free movement
- Injury prevention
- Workout optimisation

2/ RT the 1st tweet to help someone
out and spread the knowledge https://t.co/OVwYoJKLsk

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>
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> 9 tips to help you train 100% pain-free in 6 weeks or less (read to avoid frustration & muscle loss):
> pic.twitter.com/BH5opzU3H8
>
> — Ollie Emberson (@OllieEmberson) February 28, 2023

Ps.

Want to fix your shoulder pain in 2023?

So far, I've helped 100% of my clients move pain-free in less than 16 weeks.

Interested?

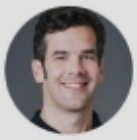
DM me "FIX" & I'll see if I can help.
https://t.co/wtbXvuIlyd

I get results.

A few 2022/23 highlights:

-Claudia: shoulder pain fixed in 6 weeks
-Olly: Shin spins fixed in 2 weeks
- Andrei: Hip pain fixed in 3 weeks
- Alex: Hip pain fixed in 2 weeks

Here's what they have to say ■



ANDREI SEVCUIC

★★★★★

PHARMA EXECUTIVE

I had been living with hip pain for over 1 year, which became increasingly disabling for daily life. I tried different mobility and strengthening exercises with minimal success, only achieving temporary relief.

3 weeks into the program, my pain was gone. That allows me not only to live an everyday life with movement freedom but also to focus on gaining strength and mobility for longevity (which is now the focus of my program with Ollie).



CLAUDIA HODGSON

★★★★★

FOUNDER OF 'THEATRE FIT'

After a shoulder subluxation in 2016 (from pushing too hard in the gym) I constantly struggled with aches, pains during workouts and every day life.

Now (6 weeks in) I'm able to train 100% pain-free and I'm shoulder pressing 15kg DBs in each hand without any clicking! And my shoulders have grown too.

My elbows feel better than they have in months and didn't feel any pain in them today at all, so I'm feeling good! 🙌 16:20

Toby Griffiths
Felt good man- used the handle not cuff. Click...
Music to my ears dude! 🔥 16:27 ✓

Just reflecting on us working together, I haven't felt this good in myself in years. My strength, energy and confidence in how I look is sky rocketing 🚀 12:45

All good so far! The fact we were able to solve clicking on my hip (and the consequences) is already worth the program :)
Also eliminating/changing potentially harmful exercises based on my mobility.
And I feel we'll still make significant progress until the end. Thx, Ollie! 12:32