

## WATER POLO

### ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



#### Dry land 10 week progressive Rotator Cuff strengthening program

— off season - 2-3 times per week eventually at the 10 week volume (goal to be able to do each arm 20 reps, 2 sets each. — this should take total only about 2 minutes each arm).

More if strong, at athlete's discretion

— in season, tournament - once a week at 5 week volume (10 reps each arm , 2 sets)

— since the throwing arm is above water, simulation throw moves are to be performed above level of chest — move back and forth from starting position to chest height then back to top as one repetition

— the swimming arm will do simulation moves below chest height — mirror the movements as wading in water

#### WEEK 1

3 reps , 2 sets. ( train both throw arm and balance wading arm)

#### WEEK 2

4 reps , 2 sets

#### WEEK 3

5 reps , 2 sets

WEEK 4  
8 reps , 2 sets

WEEK 5  
10 reps , 2 sets

WEEK 6  
12 reps , 2 sets

WEEK 7  
15 reps , 2 sets

WEEK 8  
17 reps, 2 sets

WEEK 9  
18 reps , 2 sets

WEEK 10  
20 reps , 2 sets

Bulletproof your rotator cuff!