

GOALKEEPERS

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.



Association Football (Soccer)

Hockey

Handball

Lacrosse





Dr. Win Chang, Founder of ShoulderSphere

The unique nature of arm movements required by all goalkeepers across disciplines is their sudden and extreme end-range of motion by their shoulders. Unpredictable and sudden. The power equivalent needed by the rotator cuff to keep the shoulder stable when thrusting the arm 3 feet distance in under 1/2 second by a 150 lb athlete may exceed 2,500 ft-lb per second.

The 10 week progressive rotator cuff strengthening program is divided into 2 five-week programs.

The first 5 weeks is aimed to simply strengthen the rotator cuff muscles without moving the arm in each of 5 “static” positions.

The second 5 weeks is more advanced and incorporates moving the arm while spinning the ball - the dynamic technique.

This trains the responsiveness of the rotator cuff muscles to be continuously engaged to anticipate movements of the arm as the goalkeeper’s arm make multi-planar moves.

Perform 3-4 times a week only to allow adequate recovery and muscle build up time in between.

Static 5 positions

[Beginner Workout for Shoulder Fitness Video Tutorial](#)

Week 1

30 seconds each position, 1 set

Week 2

30 seconds each position, 2 sets

Week 3

45 seconds each position, 1 set

Week 4

45 seconds each position, 2 sets

Week 5

60 seconds each position, 1 set

Power-5

[\(Advanced Power 5 Workout Video Tutorial\)](#)

Week 6

1 continuous cycle of all 5 moves, 2 sets

Week 7

2 continuous cycles, 2 sets

Week 8

2 continuous cycles, 3 sets

Week 9

3 continuous cycles, 1 set

Week 10

3 continuous cycles, 2 sets

Thereafter, try to continue to maintain the power of your rotator cuff muscles by doing the above twice a week.

You may increase the volume up to as many times as you want, just make sure that there is at least 24 hours recovery time in between.