

# BULLET PROOF YOUR SHOULDERS



**3** STEP  
PROCESS  
TO REMOVE YOUR  
SHOULDER ISSUES  
FOR GOOD

JASON DICK

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# 3 Step Process To **Bullet Proof Shoulders**

By Jason Dick

## DISCLAIMER:

The author and publisher of this material are not responsible in any manner whatsoever for any injury that may occur through following the instructions contained in this material. The activities, physical and otherwise, described herein for informational purposes only, may be too strenuous or dangerous for some people. Always consult a physician before engaging in an exercise regimen.

## Why?

As a young athlete or teenager the common mentality is “never show sign of weakness”, “people will think you’re soft”, in other words, show no vulnerability.

Growing up I was always competitive and my mentality was always “go hard or go home” so when I got injured I always asked myself, “how could I keep going?” Because I couldn’t let this minor set back hold me back from becoming the best possible athlete I could be. Unfortunately because of that mindset I had endured a lot of small injuries which accumulated overtime and eventually shut me down for good.

This book was created to give you insights into a perspective that will prevent you from ending up where I was, helpless & hopeless. It’s what I’ve learnt over the past 15 years from physiotherapists, chiropractors, surgeons, specialists, naturopaths, nutritionists, dietitians, occupational therapists, bio-mechanists, movement coaches, strength coaches, rehabilitation coaches & many more experts about my injuries, so you may have a better understanding of what might be going on with your body, because every individual is different, what worked for me, might not work for you. BUT, I will say, this has worked for hundreds of people I’ve helped over the years and understanding these simple principles, is the first step to living a pain free life. It is possible.

With all the principles mentioned in this book I’ve deliberately kept them as simple as possible to keep the focus of this book purely on the shoulder.

Throughout the book I use references to cars & driving as analogy’s that most people understand the principles of. The biggest principle I feel has been missed in current day “fitness” philosophy is the boundaries. Just like driving on a road, there are clear white lines marked on the outside of the road to tell you where NOT to go. There are also broken lines to indicate that you may cross here, but do so with caution & understand there are risks associated if you don’t follow the rules. 1. Look before you go & 2. indicate your intentions.

In a fitness sense, we have a safe zone (dotted lines) and a risk zone (solid line), which you may cross from time to time, but understand there are consequences if you go outside your safe zone too far or for too long. Injury & pain will be the result.

## About **The Founder**



I believe that building resilience to the stressors of life prepares us to be successful in any endeavour, and I think so often the conversation around health & fitness is a vein one about the sexy six pack abs you either have or don't have. What's often forgotten is connection to self, body & mind, and knowing what makes you strong, what you want to achieve and the life you ultimately want to live.

What I know from working with some of the worlds best coaches, athletes in the world is that they have a true sense of what it takes to become the best and know exactly what they want to accomplish. And that is also the basis from which we build a long lasting foundation of health & strength.

Strength for me has always been a journey of discovery, a constant conversation with self; and one of my pillars of success.

**“In suffering, we find our strength.”**

WHEN YOU'RE **STRONG**, YOU  
HAVE THE **FREEDOM** TO  
CHOOSE, WITHOUT IT, YOU'RE  
AT THE MERCY OF YOUR  
ENVIRONMENT

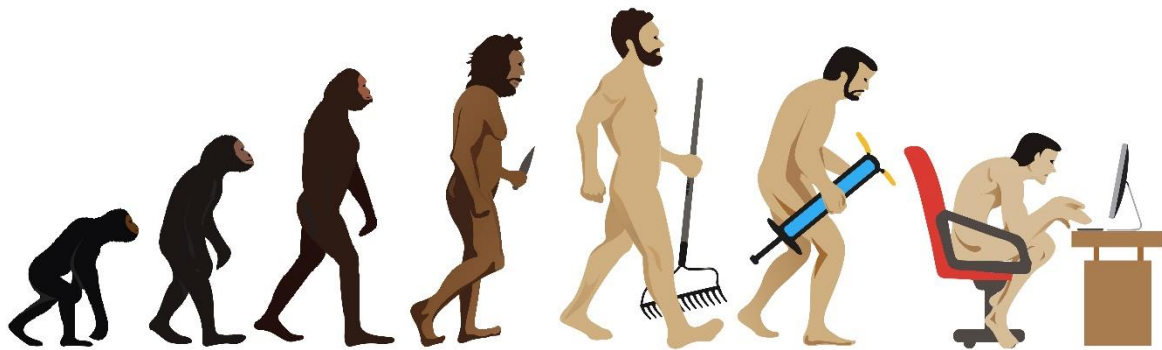
**STAY STRONG**

- JASON DICK -

# Principles of Movement.

## Poor Daily Habits

The majority of what we do through the day promotes bad posture – whether we are hunched over a computer/phone or driving a car.



These daily habits create stress on our system because we sit hunched over and rounded forward with most of our body in flexion. Gravity is the constant force our body has to endure and when we are in a position of flexion majority of the time, gravity is winning. As a result, instead of having our bones stacked one on top of the other providing the structural support against gravity, our muscles, tendons and ligaments have to do a lot of work to prevent us from crumpling into a ball. This constant stress on a body with poor posture leads to muscle tension in the wrong places and pain is the result.



### **Why specialists are good and sometimes not. (my personal experience)**

I've seen a lot of people who've been to many different specialists but still have a problem and/or are no closer to understanding their problem. When the "why" question is asked, majority of the time it is answered with a straight forward answer... something that starts with "because x, y, z..." but in reality, its not straight forward, it's not just one thing. What ever issues you are facing are the culmination of one, a few or many unnoticed issues. The good thing about specialists is they can tell you everything about one particular thing. The bad thing about specialists is they can only tell you about one particular thing and now we know the body & mind is one being, not separate, so to look at one part neglect the rest is naive. This is not their fault though ,specialists serve an important piece of the health puzzle and they don't look outside of their scope because that's not what their focus is. So one specialist may pick up on one thing, another a different thing and so on... and this process repeats until you've seen 10 specialists who all have a different way of looking at your issues and/or find different issues. If only you had 1 person who understood all the principles from which the text books were written and is happy to explore what might be and what might not be your issues on a global scale, not just where your pain is.

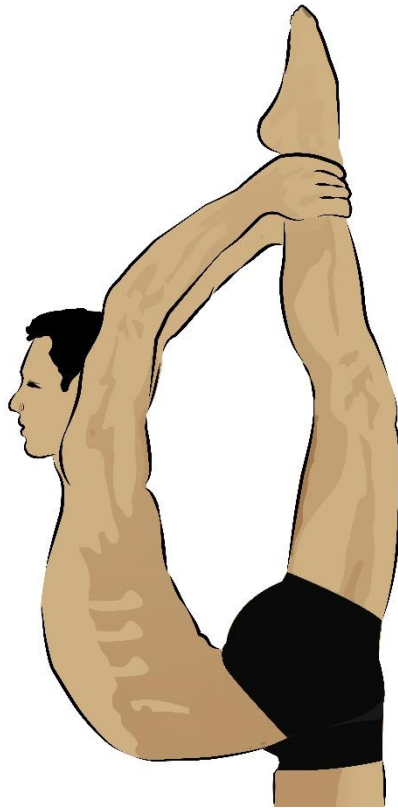




### **“Where the pain is, the problem isn’t” Perry Nickelson**

Our brain & bodies are built for survival and are very good at getting us from A to B. So much so that we don't even notice how poor we might be moving from A to B until we have a painful problem letting us know something's wrong. When looking to remove the pain caused by poor movement, the problem for the past 20-30 years is that we've been looking at the painful part to try to remove the pain. Where the pain is, isn't the cause of the pain, it's the symptom of a problem somewhere else. If you look at the part that has pain in isolation, elbow for example, and you only attend to the painful part without looking up or down the chain (shoulder & wrist) at what else might be causing the problem, you'll miss 66% of the equation all the time. I always encourage you to look up and down from where you might be experiencing discomfort and explore where the cause of the problem is.



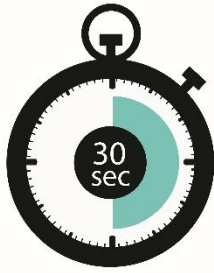


### **Hypermobile/flexible/floppy people (my personal experience)**

This is a relatively new concept I've noticed in the new generations coming through. Traditionally Gen X adults suffered from being "tight" and the main research going around in the 80's & 90's told them to stretch what was tight. So stretching became the "in" thing.

With Gen Y and the Millennials, we're seeing more and more hypermobile people wanting to do strength training. How to train these people hasn't been researched as much as those who are "tight".

What I know from personal experience and training others is people who have the ability move well but aren't 100% aware of what's controlling their movement require more motor control practice. They CAN move in amazing ways but the ranges which they move, they may not be 100% in control of so understanding short range, mid range and long range of motion and having control in each of them are important for rebuilding strength & control.



### **Stretching what's "tight". (my personal experience)**

Stretching a "tight" muscle for the purpose of "releasing it".

A muscle can be short, strong & "tight" or "junked up" (technical term) or long, weak & "tight" or (holding on for dear life) for a reason. The body has a balance of perfect tension (or at least it should have), as we get older, we experience physical trauma or injury, the stress of gravity/life & poor lifestyle habits which disrupt the perfect balance we had as a child. A muscle holds tension for a reason. It's keeping you up & moving. Without tension, you'd be a lot worse off.

Fortunately we can restore the original function of a muscle that may be inhibited. All it takes is finding out why it's not doing it's job & addressing that issue. Then the muscle should return to it's original form & function. This can be done through various measures. i.e. massage, trigger point, myofascial release, physiotherapy, chiropractic, acupuncture etc.

## Can Shoulder Pain Prevent You From Being Strong In Other Full Body Exercises?

Sure does.

The fact is that if you have pain anywhere in your system it will hinder your performance throughout your system.

Our body is not a robot, it does not operate in isolated parts. If one part is broken, everything will work harder to keep the system alive. It's survival.

### Meet Gary.

At the beginning Gary's PB deadlift was 92.5kg x 3. He then started applying the Bullet Proof Your Shoulders principles & exercises to help him remove his shoulder pain.

A few weeks into his program he no longer had shoulder pain AND 8 weeks into the program, to his surprise & delight he hit 100kg Deadlift x 3 after not touching a barbell for 8 weeks.

He got stronger by removing the roadblocks (in his shoulder) holding him back.

This is the power of applying the principles you'll find in this book.



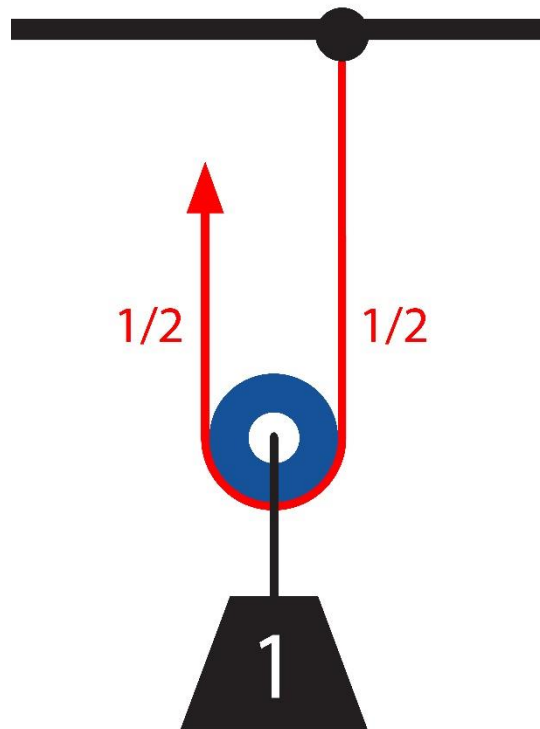


**Doing the same thing, expecting a different result. (my personal experience)**

I've trained many people over the past decade who tell me they've seen 4 different physios, 2 chiros, 1 osteopath and 1 specialist and are still in pain or broken.

Confucius says

*"if you do the same shit again and again and expect a different result, you're insane."*



### **Muscle Tension & Relaxation (Steve Maxwell)**

Tension is created in response to a stimulus, this could be a physical stimulus (someone pushing or gravity) or a mental or emotional stress (someone/thing threatening you). Tension is a protective response to help protect us and/or to keep us alive and moving. We want to be in control of how much tension we are applying and when we are applying it. If we don't have control of the tension we are applying we have lost control or function of our muscles and movement ability. On the other side is relaxation. The body is not designed to be tense all the time, so practicing the skill of relaxation is paramount to recovery & performance. A body that does not rest, will not recover and will not adapt to the imposed stressful demands. How the muscles are holding tension around your joints play a big role in how the joint performs, this is called Joint Centration as you will read next.



# Rotator Cuff **Trigger Points**

## Infraspinatus



**Tools required:** Tennis or hockey ball (more intense)

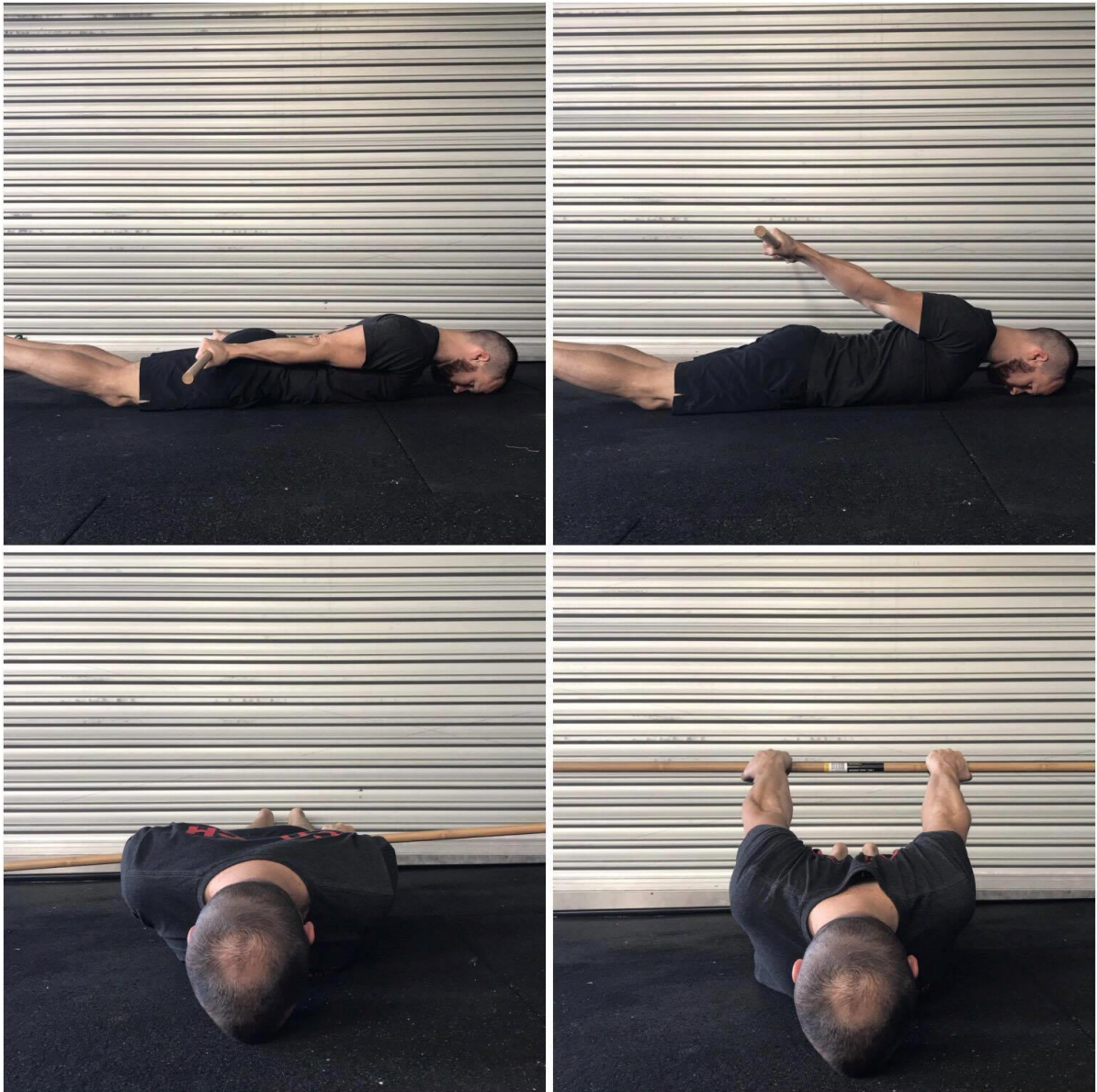
**Set Up:** On a wall or vertical structure place the ball on the back & middle of your scapula.

**Objective:** Move your body up, down, left or right to adjust the position so it's close to the medial border of your scapula (bottom right picture). Once you've found the right spot, you can either hold the position until the sensation eases or you can move around a little bit to keep the good times rolling.

**Breathing:** Just breath.

**Outcome:** This will provide some "tightness" relief through your shoulder and may increase your mobility.





### **Prone Stick extension behind back**

**Tools required:** Broom stick or pole.

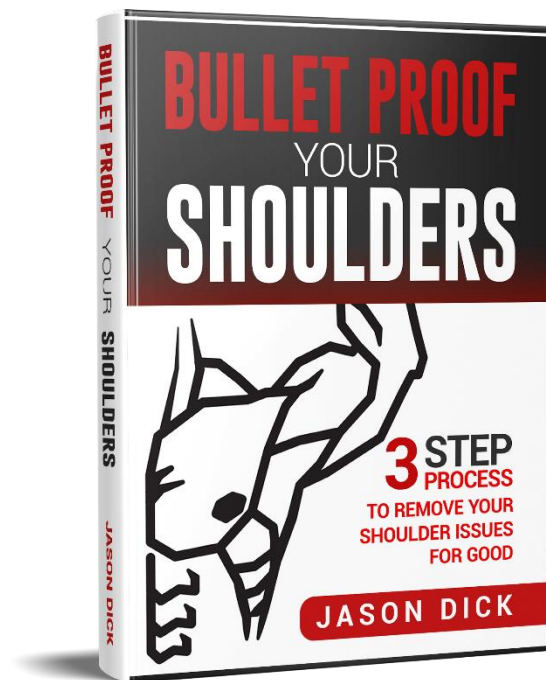
**Set Up:** Lay on your stomach on the floor, feet together, forehead on the ground with the broomstick on your buttocks. Reach back with your palms facing the ground and grab the stick 1 inch beside your hips.

**Objective:** Keeping your head, chest & hips flat on the ground, retract your scapulars then lift the stick up to the roof as high as you can. Be mindful to squeeze your scapulars together as you're lifting up. Hold the stick up as high as you can with integrity for a count of 5, then relax for 5 seconds and repeat for 5 repetitions.

**Breathing:** Breathe out when the stick is lifted, breathe in when you relax..

**Outcome:** Increase scapula-thoracic control & strength.

**WANT MORE?**



GRAB YOUR FULL 70 PAGE COPY BY [CLICKING HERE](#) AND JOIN HUNDREDS OF OTHERS WHO'VE DISCOVERED THE EASIER WAY TO REMOVE SHOULDER ISSUES FOR GOOD.