Advanced Treatment of VEO in the Thrower

by

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OBJECTIVES

• Define VEO
• Discuss the pathomechanics of VEO in the thrower
• Clinically reason through VEO
• Functionally assess for VEO
• Demonstrate advanced manual intervention for VEO

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PATHOMECHANICS

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BIOMECHANICAL PROBLEM – BIOMECHANICAL SOLUTION

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What’s the Connection in the Thrower?
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NEEDS OF THE THROWER

Mobility
- Ankle
- Hip
- GH
- Wrist
- Thoracic

Stability
- Foot / Ankle
- Knee
- Lumbopelvic
- Scapula
- Elbow

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MOBILITY POINTS

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VEO

MOBILITY  THORACIC  SCAPULA  GHJ  HIPS

HOW MUCH AT EACH JOINT?
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MAXIMUM EXTERNAL ROTATION

MER = Thoracic + Scapula + GHJ

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ASSESSMENT

- GHJ External Rotation
  - Passive
  - Functional
- Upper Thoracic Rotation
- Scapular Mobility
  - Posterior Tilt / External Rotation
  - Elevation / Upward Rotation

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THE MILLION DOLLAR QUESTION:

WHAT ABOUT GIRD?

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INTERVENTION LAB

- Soft Tissue Release
- Joint Mobilizations
- Neuromuscular Re-Education

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References


References


