BIOKINETIX® THE SCIENCE OF MORE UPTIME

PINCH YOUR BLADES

TRAINER'S GUIDE

PURPOSE:

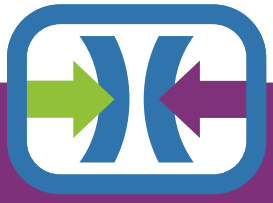
This **WALK OFF WITH ONE** help make the individual aware of how to pinch your shoulder blades to reduce excess wear and tear to the rotator cuff muscles.

Created by:
Javier Alcantar MA, ATC

INTRODUCTION

Repetitive actions such as lifting, lowering, pushing, pulling, or carrying materials can lead to rotator cuff tears. To mitigate this risk, adopting a best practice position by pinching the shoulder blades is essential.This movement engages the rhomboid muscles, which run from the medial aspect of the scapula to the spine at an oblique angle, providing stability and reducing stress on the rotator cuff. Safe material handling depends on force absorption. The larger, stronger rhomboid muscles have the ability to withstand the stress exerted. When engaging the rhomboids, the scapulas (shoulder blades) will retract and depress, stabilizing the upper torso and aiding to maintain a neutral spinal column.

WALK OFF WITH ONE™
INJURY PREVENTION EDUCATION



Imagine you have a fruit in the middle of your back between your shoulder blades. Now I want you to squeeze that fruit by pinching your shoulder blades together.

DEMONSTRATION

1 START WITH PROPER POSITIONING

+ Pinch the shoulder blades together, as if trying to squeeze them behind you.

2 ENGAGE THE RHOMBOID MUSCLES

+ Once the blades are pinched, any force exerted by the material being handled is absorbed by the rhomboid muscles.
+ This positioning protects the rotator cuff, even when reaching outward or working in less-than-ideal lifting conditions.

3 APPLY THIS TECHNIQUE IN VARIOUS SITUATIONS

+ Whether lifting, lowering, pushing, pulling, or carrying, always initiate the movement by pinching the shoulder blades.
+ If working in a protracted position, maintain the engagement of the rhomboid muscles to ensure proper force distribution.

KEY TAKEAWAY

IN EVERY MOVEMENT INVOLVING MATERIAL HANDLING, maintaining proper shoulder blade engagement is crucial. By pinching the blades, workers activate the rhomboid muscles and divert stress away from the rotator cuff, significantly reducing the risk of injury.

Encourage your team to consistently apply this technique to promote safer work practices and long-term joint health.