

The Conflict Between the Serratus Anterior & Pectoralis Major

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The *Conflict* Between the Serratus Anterior & Pectoralis Major

Scapula stability needs far more than Rotator Cuff Band exercises. In-fact, for today, delete that exercise from your mind because when teaching Scapula Stability, the Rotator Cuff band exercise is almost last on the list!

Scapula Stability is stuck in generic training programs and treated incorrectly.

So, what is actually happening and why?

Let us analyse it from a Biomechanical perspective.

Step 1: What is the Status of the Thoracic Spine?

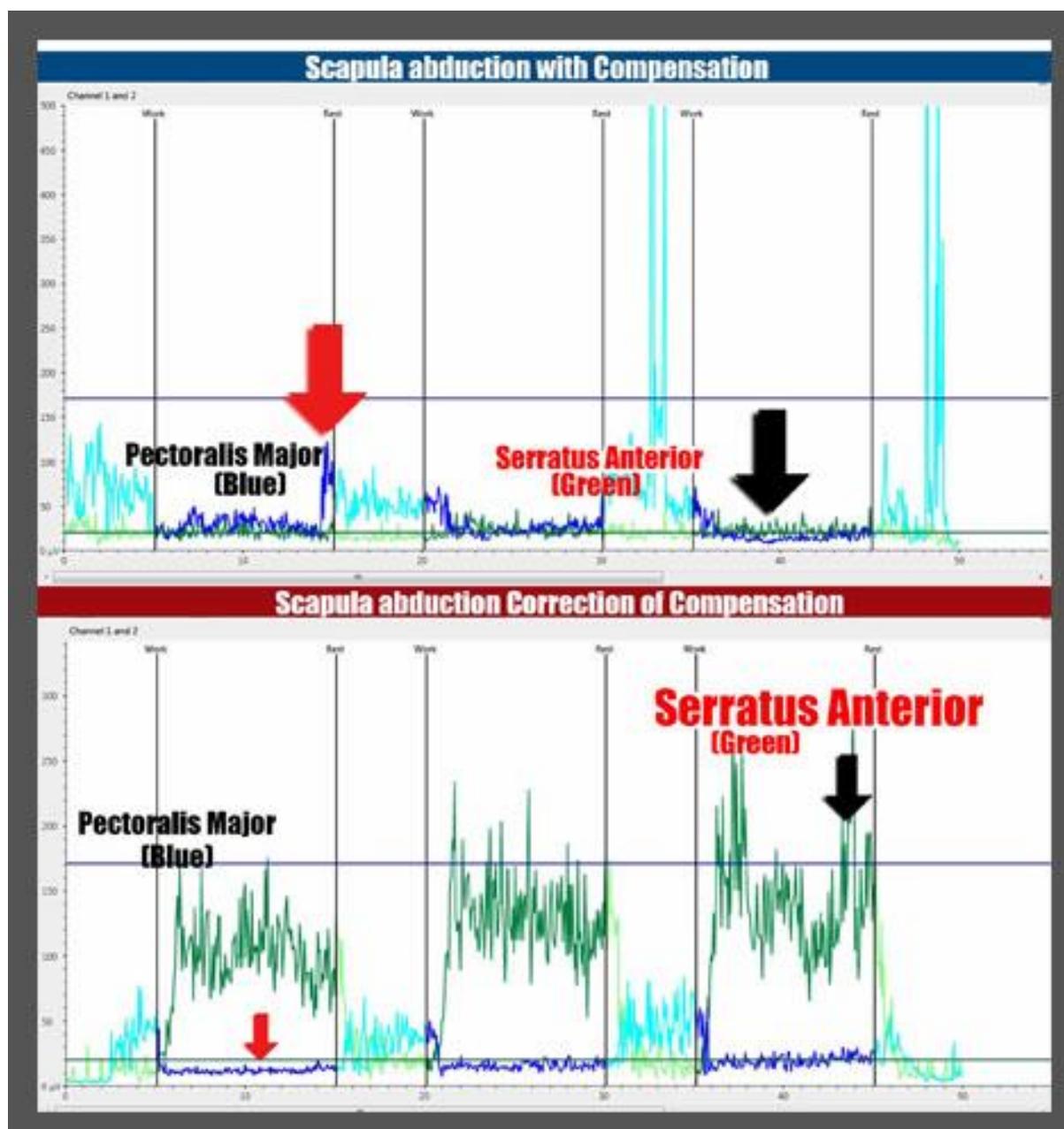
The position of the Thoracic spine greatly affects the efficiency of Scapula Stability. Visualize where the Scapula lies. It lies gently like a leaf over a curved rock. The two fit into each other like a glove. However, when the Thoracic spine changes its position, the Scapula is immediately affected by either retracting or protracting. This will have an affect on the musculature that connects the Thoracic spine to the Scapula and the Scapula to the Cervical Spine.

Step 2: What is the Status of the Cervical Spine?

The Levator Scapula, Rhomboid Minor and Upper Trapezius run from the Scapula to the Cervical Spine. Therefore, the position of the neck will greatly affect whether Scapula Stability is effective or not. If any of these 3 muscles are overactive or tight, it inhibits the Serratus Anterior from working in its most concentric form. This creates tremendous issues when we are trying to teach our clients Scapula Stability.

The image below shows the results when we compensate using the Pectoralis Major versus when we correct the alignment and transfer the activation into the Serratus Anterior. It is pretty profound & very specific!

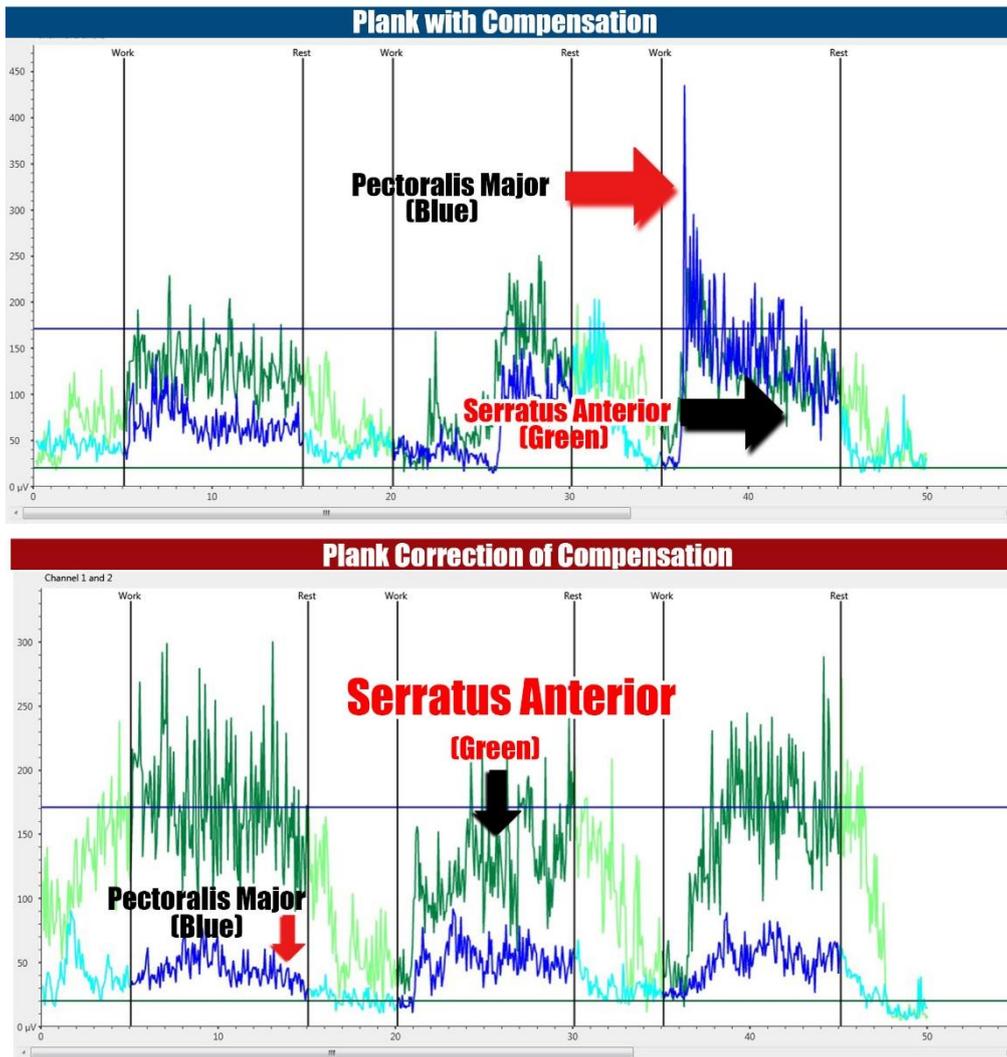
And I am sure, you want these results too!



Step 3: What is the Pectoralis Minor and Major Flexibility?

The Pectoralis Major is a common compensation for Serratus Anterior activation. It gives us the illusion that the Serratus is activating because the Scapula lies flat on the posterior rib cage. If the Pectoralis Major is tight, it makes it more challenging for us to activate the Serratus Anterior and this affects the Scapula Stability Program directly. When the Pectoralis Minor is tight, it inhibits the natural outward rotation of the Scapula which in-turn then affects the ability of the Serratus Anterior to work in its most concentric form.

Look at these Amazing Results and try and decipher how we would have achieved this!



Step 4: What is the current state of the Serratus Anterior?

With a trained eye you will be able to see if the client is Pectoralis Major dominant or whether they are indeed performing good Scapula Stability. We need to know whether the client can create an easy glide of the Scapula on the posterior rib cage to a point of exposing their underarm without intense elevation in the shoulder. This again is greatly affected by the position of the Thoracic spine.

Step 5: What is the Clients ability to perform spinal isolation?

Why would this even be relevant? If you look at a client's posture, it is possible that they just need to do slight thoracic extension to a more neutral position. This will enable good biomechanics of the shoulder joint when you are training to re-train the Scapula Stability. Therefore, they would need to have the ability of performing Spinal Isolation. This is why a full-body awareness is necessary when we are training any joint because our 5 movement principles are always applicable to the body to create holistic programs.

Step 6: What are their habitual upper body movements?

Do they do any upper body training? Are they stuck behind a desk for long periods of time? What is the position of the thoracic spine and neck during the day? How much stress do they carry in their body? Simple things, like how they brush their teeth play a vital role in consistency in a Scapula Stability Program. Guess what? I never ever give any exercises for them to do at home... Yes, you heard right. The time will come, quite far down the line.

Step 8: What approach are you taking to Shoulder Stability Training?

The generic exercise programs are falling dismally short. Generic programs and not meant for billions of people and Theraband exercises should be cast away until specific milestones have been reached. Strength training should not be part of your entry level program. So, what are you supposed to do? Stick with me over the next few weeks and let me show you exactly how you are going to achieve the BEST SCAPULA STABILITY that is out there.

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