

Hanging for Healthy Shoulders

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Background

- Ido Portal, Movement Culture, and the Hanging Challenge
- John Kirsch, M.D. Orthopedic Surgeon
- Training and helping those with shoulder injuries.

Purpose

To observe the effects of frequent hanging on shoulder pain and shoulder range of motion during normal and strenuous activities.

The Hanging Position



The Anatomy

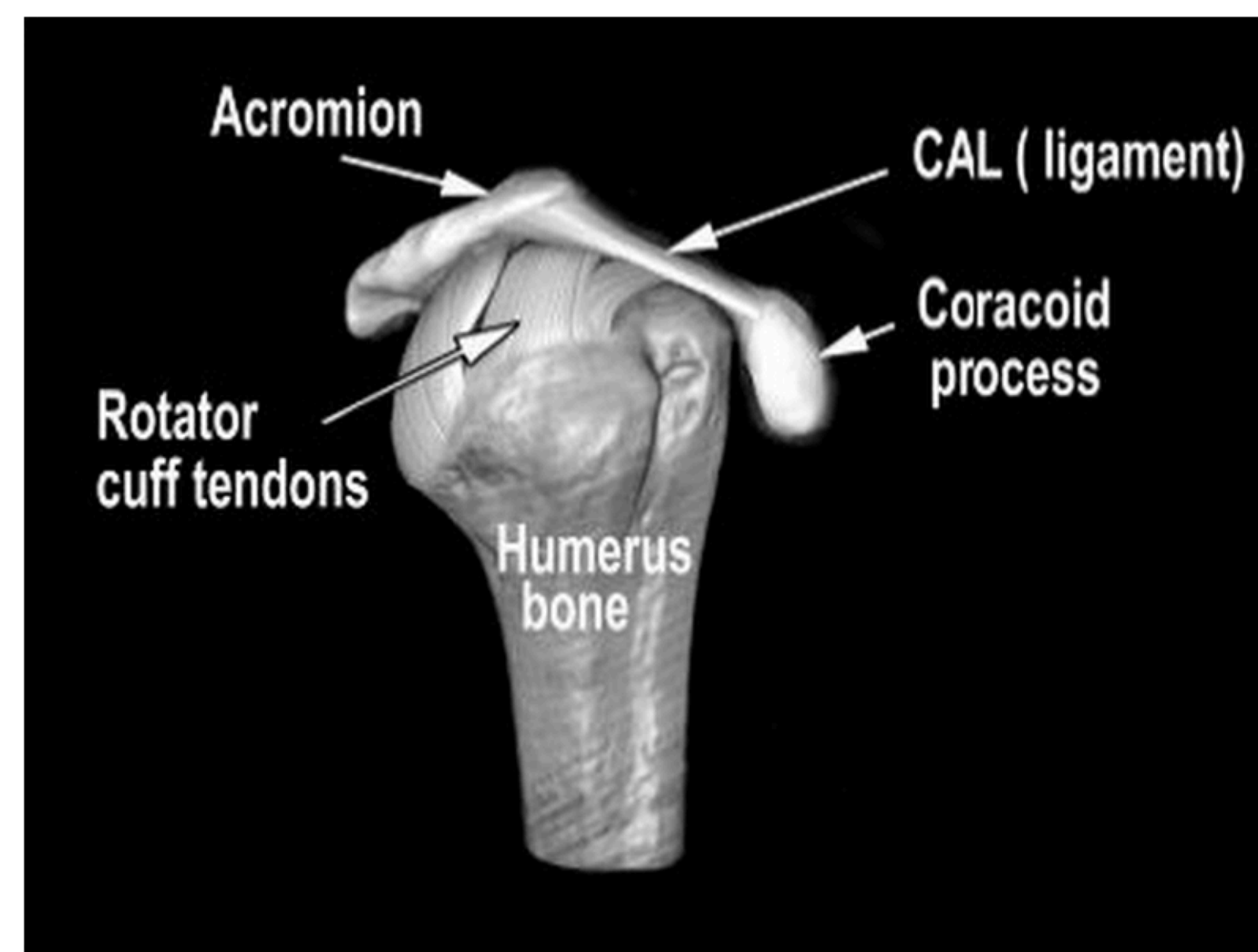
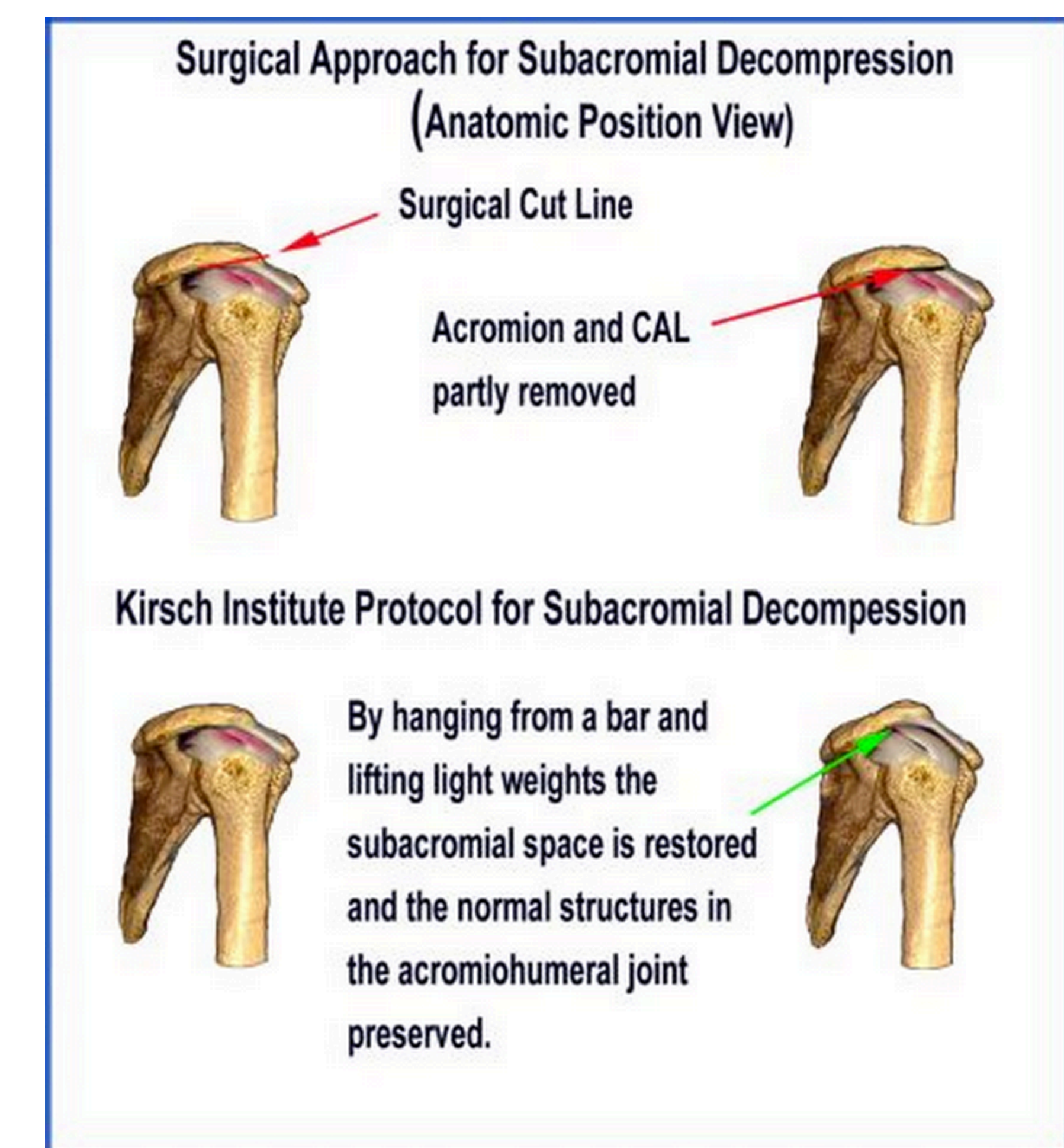
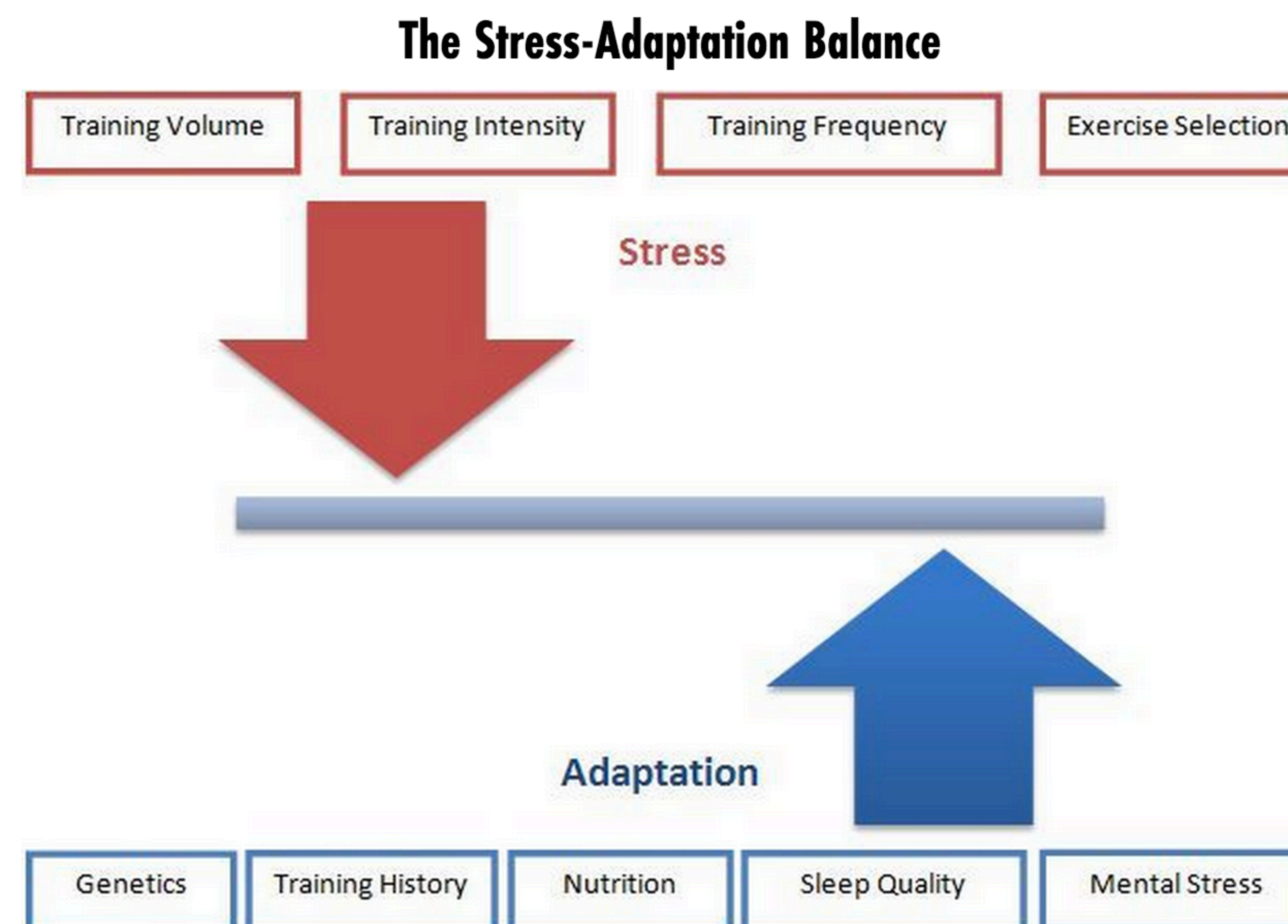


Fig. 7 An artist's rendering of the CA arch. The CA arch

The Theory



Mechanism of Injury



What I Found

- Significant decrease in shoulder discomfort during normal exercises
- Increased range of motion; thoracic spine, shoulder.

References

Kirsch, John. *Shoulder Pain? The Solution & Prevention*. Morgan Hill: Bookstand Publishing, 2013. eBook.

Portal, Ido. *The Hanging Challenge*. 2014. www.idoport.com