

## CLINICAL SUGGESTION

## USE OF POOL NOODLES FOR THE SHOULDER AND ANKLE

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## ABSTRACT

The purpose of this manuscript is to provide two clinical suggestions that are inexpensive, easy to fabricate, and very user-friendly activities that can be used for most patients and athletes. The first clinical suggestion is a method of restoring stability of the scapular muscles around the shoulder complex. Following a period of disuse, whether from a surgery or an injury, weakness may be present in the shoulder. This suggestion is an easy and inexpensive tool which can be used in restoring stability of the scapula in all planes of movement as well as combinations of these planes. The method can also be used as a progression from gravity assisted to gravity resisted active range of motion. The purpose of the second clinical suggestion is to provide an inexpensive and easy to use method of improving proprioception in the ankle. Ankle sprains are among the most common injuries seen in sports. Proprioceptive activities are used not only in the rehabilitation process following an injury but as a training tool to help prevent ankle injuries. This method can be used in the clinic, in a training facility, or as part of a home exercise program.

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