

THE HANGING ATHLETE

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THE HANGING ATHLETE

- General concepts
 - “system where the body is suspended or supported by a appliance and /or person.”
 - “system is active or passive or both”
 - Active dominate
 - Passive dominate

THE HANGING ATHLETE...types

Passive dominate

Active dominate



THE HANGING ATHLETE...types

Passive dominate

Active dominate



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Passive dominate

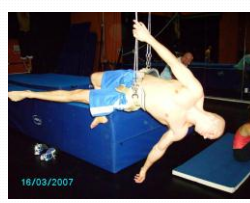
Active dominate



THE HANGING ATHLETE...types

Passive dominate

Active dominate



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Injury diagnosis and assessment considerations

- Elbow, wrist and hand
 - Mostly related to
 - Straps, hand loops, rope
 - Any harness system
 - depending on choreography of the act.
 - Strain
 - Flexors over extensors
 - Sprain
 - Wrist, hand



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Injury diagnosis and assessment considerations

- Muscle balance and flexibility
 - Testing
 - FMS, AOA, muscle strength testing
 - Baseline requirements for activity
 - Harness, tissue, rope, high bar...ect



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Injury diagnosis and assessment considerations

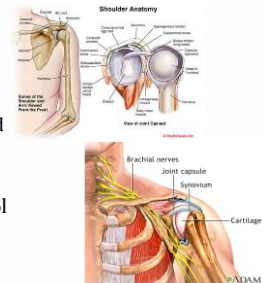
- Safety and fitting of appliance
 - Construction
 - Wear and tear
 - Yearly or periodic checks
 - Performer
 - Re-fitted regularly
 - stress / strain points



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treatment and reconditioning considerations

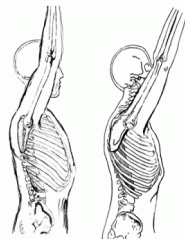
- Glenohumeral Joint
 - Rotator cuff
 - Scapular
 - Elbow, wrist and hand
- Closed chair vs. open chain...both?
- Neuromuscular control
 - Hanging is passive...right



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Treatment and reconditioning considerations

- Thoracic spine mechanics and shoulder pain
 - Scapulo-humeral rhythm
 - Not true linear
 - Thoracic mobility with arm overhead
 - mobilization vs. exercises



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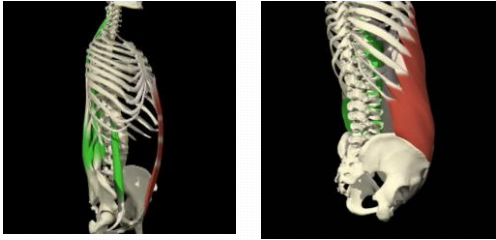
Treatment and reconditioning considerations

- Lumbar-sacrum-greater trochanter joint complex
 - Stability vs. mobility
 - Stabilizer, prime mover



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Treatment and reconditioning considerations



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- Conclusion
 - Hanging is both passive and active
 - Hanging requirements are specific to act
 - Injury recognition is related to entire system
 - Maintenance of system (fit and function)
 - Mobility vs. stability
 - Static posture vs. dynamic posture
 - Treatment considerations
 - Everything is related to everything else!