

# GIRD (Glenohumeral Internal Rotation Deficit)

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Lic. Prof. Matías Sampietro



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# Factores de riesgo promotores del dolor de Hombro a evaluar en atletas Overhead

## GIRD Glenohumeral Internal Rotation Deficits

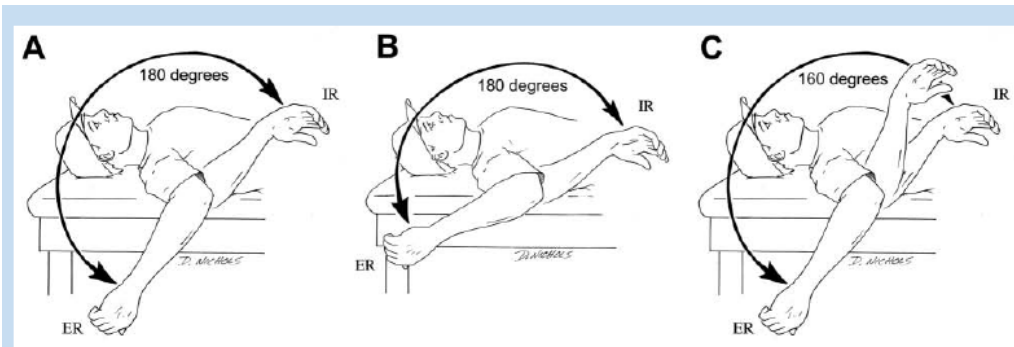
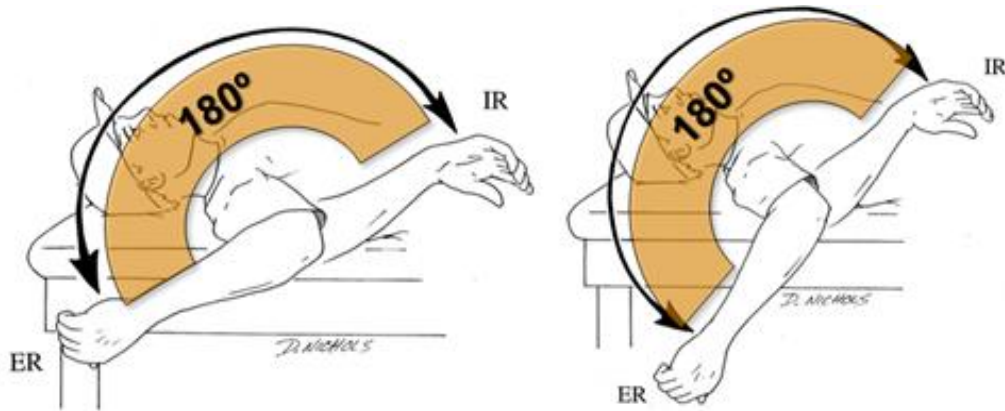


Figure 1. The total motion concept. The combination of external rotation (ER) and internal rotation (IR) equals total motion and is equal bilaterally in overhead athletes, although shifted posteriorly in the dominant (A) versus nondominant (B) shoulder. Pathological loss of internal rotation will result in a loss of total motion (C).

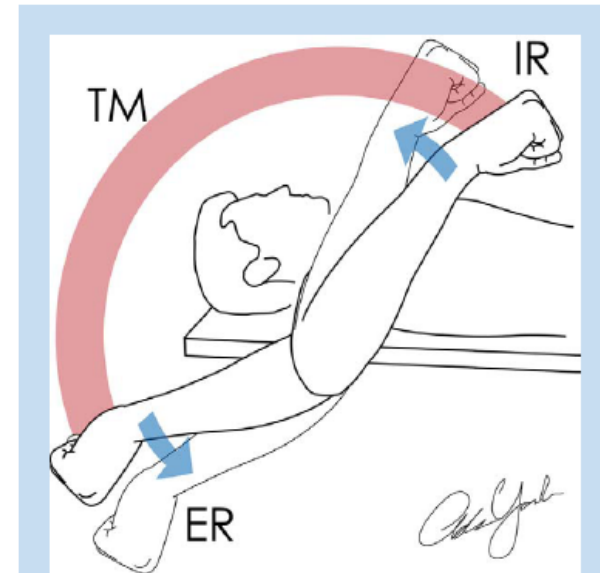


Figure 2. Total motion concept: Total Motion (TM) = IR + ER. The normal adaptation in the throwing athlete consists of increased external rotation (ER), with a symmetrical compensatory decrease in internal rotation (IR). The total arc of motion should be preserved. (Illustration modified from Wilk KE, Meister K, Andrews JR. Current concepts in the rehabilitation of the overhead throwing athlete. *Am J Sports Med.* 2002;30:136-151.)

# Factores de riesgo promotores del dolor de Hombro a evaluar en atletas Overhead

Causas y consecuencias del GIRD.  
Retracción Postero-Inferior de la capsula.  
Bach and Goldberg, JAAOS, 2006

Posterior Capsular Contracture of the Shoulder

Figure 1

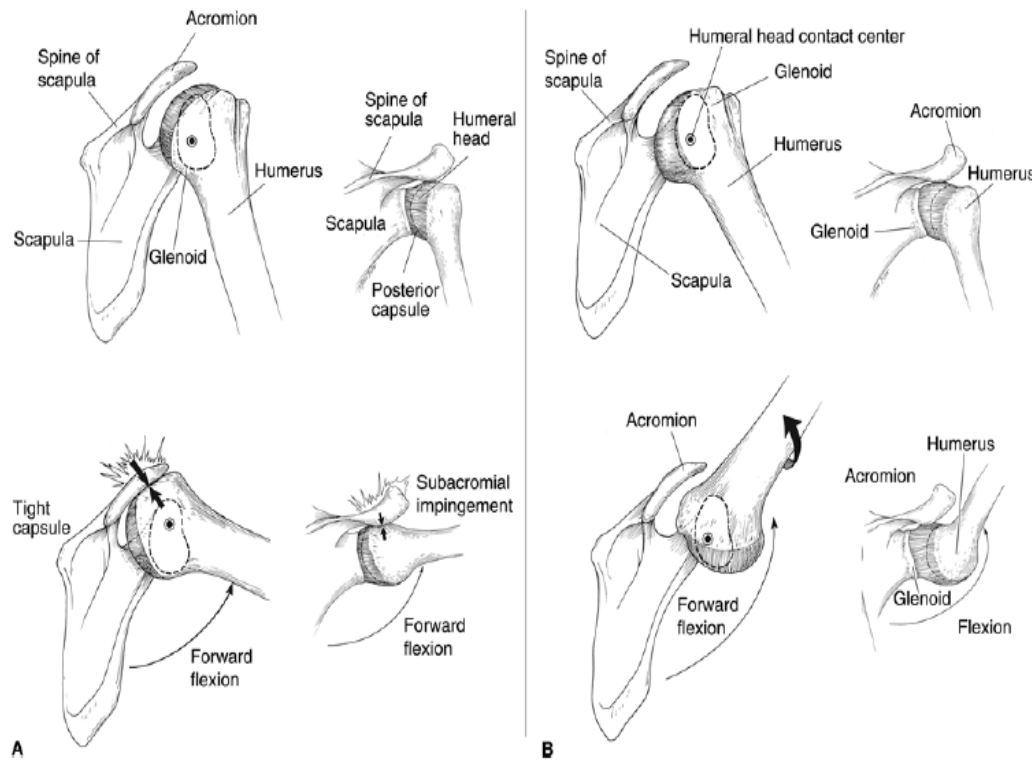
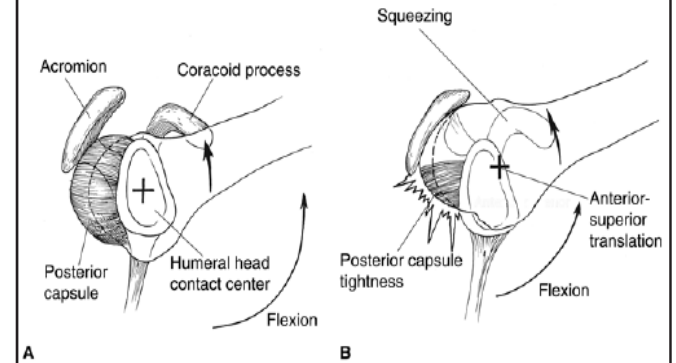
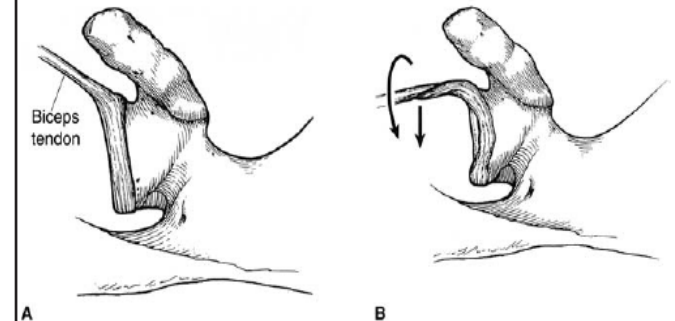


Figure 3



**A**, Normal capsular laxity allows the humeral head to remain centered during elevation. **B**, Tightness of the posterior capsule may create obligate anterosuperior translation with shoulder flexion. (Adapted with permission from Matsen FA III, Lippitt SB, Sidles JA, Harryman DT II: *Practical Evaluation and Management of the Shoulder*. Philadelphia, PA: WB Saunders, 1994, p 40.)

Figure 5



Superior view of the biceps and labral complex of the left shoulder in the resting position (**A**) and in the abducted, externally rotated position (**B**) demonstrating the peel-back mechanism as the biceps vector shifts posteriorly (arrows). (Adapted with permission from Burkhart SS, Morgan CD, Kibler WB: The disabled throwing shoulder: Spectrum of pathology. I: Pathoanatomy and biomechanics. *Arthroscopy* 2003;19:404-420.)

# Principal objetivo en el tratamiento del GIRD

## Estiramientos de Capsula Inferior

Figure 9

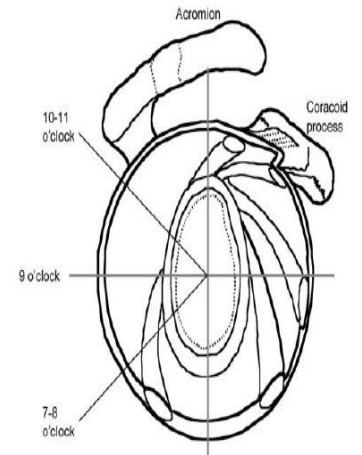
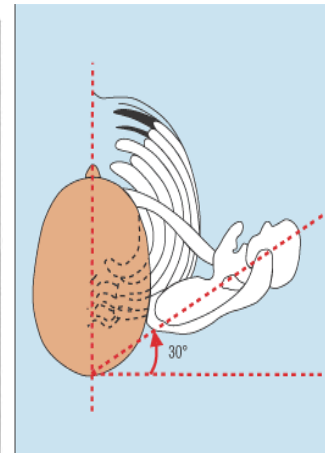


Figure 3. Anatomic distribution of the upper, middle, and lower capsule in the posterior glenohumeral joint.

# NUESTRO EQUIPO DE TRABAJO



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Prof. Lucas Pereira Thiem



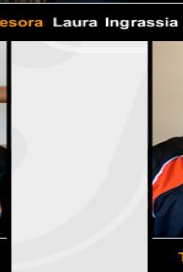
Profesor Eduardo Martinez



Profesora Laura Ingrassia



Tec. Sup. Guillermo Sarrá



Tec. Sup. Diego Garcia