

Metadata: <https://www.youtube.com/watch?v=FO8m2kdsbfA>

Okay, guys, I'm here today with Scott G. Huge honor for me. Guys, Scott is the Judo National Strength and Conditioning Coach and Therapist, and he's really, really good with, like, injury preventions, how to deal with injuries, mobility, and strength and conditioning. So today, he's gonna talk here a little bit about the injury that I had. I had the elbow, I had a bunch of fragments inside my elbow, and I had to do the surgery, and the surgery went very well, but I'm not 100% yet. It's, like, seven weeks in or so. So, Scott, if you could... And, guys, I made another video about that as well, because when I posted the picture of all the fragments that came out from my elbow, was one of the times that I received more Instagram messages, because so many Jiu-Jitsu guys wrote to me, saying, oh, I think I have the same injury as yours, my elbow hurts on this, and blah, blah, blah. So, Scott, what's yours? Yeah, let's switch places so I can... So, oftentimes, and we see these injuries a ton, like, Judo, I see elbow injuries all the time, almost more than Jiu-Jitsu. So, the thing that stops, like, the air brakes of the elbow, are gonna be the tricep, always. Because it's kind of like the quad of the elbow. And there's always gonna be pain at that end range, especially when returning from surgery. Tons of scar tissue, but the arm just doesn't feel safe going to that range. There's also inflammation in the joint. So, a couple easy ways to get yourself back to play, the tricep is gonna be your biggest leverage point. So, you gotta work on the tricep, dig this out as much as you possibly can. The other one, you have two flexor muscles in the forearm, profundus and superficialis, and they both connect right at the base of the elbow, right here. Yeah, while you were pointing your finger, it hurts. So, that's the attachment, and that attachment, when the wrist is flexed, it acts as basically a UCL, it holds everything together. Right, your ulnar-coral ligament, which most Jiu-Jitsu guys don't have. You put your elbow on the window sill in the car and your hand goes numb, you don't have one, for the most part. And that nerve pops in and out. So, you have to tighten this up. So, starting to work, flexing this wrist back and forth. Tricep first, hammer the tricep, and then we're gonna dig out the forearm. And then, always, we have to restore full ulnar rotation, back and forth, because the elbow just doesn't flex up and down, it also has a ball and socket joint in there that rotates. So, we have to do that at all ranges, all the way up and down, to get that ulnar strong in there, the ulnar rotators. A good way to tell if there's nerve readout and issues is brachioradialis, this muscle right here. If that's super tender, it means that there is a little bit of nerve pinch in the joint, and you just want to be aware of that. Ice the crap out of it, bring the inflammation down, but the front of the shoulder isn't that big of a deal yet. You want to let this be tight and kind of restrict, and dig out the tricep, and then later on down the road, when you need that extra maybe 10 degrees, that's when we start hammering the bicep. There's just a huge nerve that runs through here, so we don't want to dig it out too much. What do you mean, digging the triceps? It's like doing a bunch of exercises for the triceps? No, no, no. So, getting a foam roller, like I can do with my hand here, and digging into this spot. I got it, I got it. It'll be super tender and painful. So, I would lay down, and slide my triceps. Lay down a lacrosse ball, and find with a lacrosse ball a point in there that's really horrible, and go back and forth. Or pay someone, go in and have them dig out the back of the tricep, until it starts moving again. And I've had people, literally, judo athletes, snap their elbow on the mat, go in, work on the tricep for 10 minutes, and have that arm be totally fine. Got it, got it. And in order to get, for example, the biggest problem I have, I have three problems. One, I couldn't bend my arm. And if I bend it, it looks like my elbow would explode. This problem is fixed. Now I can bend my elbow completely. Another problem I had, that I still have, I couldn't stretch my arm. And I can still not stretch my arm. Extension is always the last thing you get back. But it's the most important. And so, those of you who have the same problem, have had, one of my buddies, Bill, has had the same thing for years. You have to get on it quick. So, it's great that we're catching him seven weeks after the surgery. So, worst comes to worst, you can do something called a passive hang. So, you can lay this on a block, and put a weight in the hand. Yeah, that's what I have been doing. And just very

gently let that press and fall. I wouldn't advise that as a therapist. I would dig everything out first. But if you're at home and you don't have access to a therapist, we can weighted stretch things back to level. And then just make sure you strengthen in those ranges. Got it. But, yeah, I mean, digging this out with a roller, just having someone dig it out, and then very, very end, when we get almost completely straight here, where we're almost 10 degrees. Yeah, which is far from being. Yeah, that's when we dig out the bicep. But this arm, it is almost 180. We'll get you there. So, I had two problems. This one is fixed. Another problem I had is that many times my elbow would get completely locked because the fragments would go inside the joint. I don't have that problem anymore. So, I can't stretch and it still hurts a little bit. So, what you're saying is that if I dig in the triceps, work on the forearm, and also in the rotation, 1, 2, 3. That's going to help to get my arm stretched again? Yes. And then, I mean, the last piece, you just stand here, you can see the shoulder. Because the elbow is locked in that position, the tricep is attached to the posterior rotator cuff. So, these muscles in here, where all that stuff is attached, are going to be really angry, and that drives the shoulder forward. So, this starts to hurt in the front of the shoulder. It hurts in the front of the shoulder. Oh, that's interesting. That's like the ball joint, the socket, digging into the front. So, we have to make sure that the shoulder doesn't rotate too forward while this is happening. Because of the elbow, the shoulder wants to protect it, but then this ends up being a long-term problem. So, I should also work on the shoulder. And working on the pec minor here, so that the shoulder can go back. Oh, that's interesting. Yeah, it's complicated. That's cool. So, guys, if any of you had any injury similar to this, what about if the person, because I carried this injury for over five years, probably. Any tip for those who haven't done the surgery yet? What they should be doing in order to decrease the pain? Yeah. So, yes. If you have a bunch of free-floating bodies in the elbow, it's tricky. Because the elbow, just like the knee, if you lose, if the patellar tendon becomes dislocated or it breaks free of the sheath, or if you have a bone-to-bone connection in there, sometimes it's one of the few situations where it's like, yeah, you probably need surgery. But that ulnar rotation that we talked about, will relieve a lot of that pain. Because when the elbow gets stuck, the only way to move it is this. Yeah. When my elbow used to get stuck, I had to massage, move my arm, and shake it. And then it would come back, and then two days later, I'd get lucky again. So, like, getting a band or a weight at the end, like those maces, the light maces, and starting to work back and forth, or a kettlebell rolling it back and forth, will give you the ability to get out of that stuck position. No, that's awesome. Yeah, so guys, Scott is one of the best sports therapists, and strength and conditioning, and mobility instructors in the world. And he works with the judo nationals team here in the U.S., with Travis and Jimmy Pilger. So, he has an entire instruction at BJJ Fanatics, all about this, all about mobility, injury prevention, and this and that. So, make sure to check that out. Scott, can you pronounce your last name? George Argus. At BJJ Fanatics.com And maybe by the time you're watching, it's already there. So, I hope you guys enjoy it. And thanks so much, Scott.