

INJURY PREVENTION FOR SWIMMERS

The most important principle/concept of shoulder management is: start working on it now. Don't wait until your shoulder begins to hurt.

The preventative measures will:

- Improve performance
 - Improve the way the shoulder works: increasing strength, coordination, endurance
 - Maintain shoulder alignment (tires of your car wearing unevenly)
1. Technique (symmetry & balance)
 - a. Utilize your coach
 2. Training (frequency, intensity, duration)
 - a. Be consistent- best to skip days between workouts
 - b. Gradual progression

*You are most likely to experience pain/injury following hard week or month of training.
 3. Warm-up/pre-exercise
 - a. Don't stretch before swimming (Use therabands)
 - i. Shrugs
 - ii. Push/Pull
 - iii. Int./Ext. rotation
 - iv. Seat belt/sword
 4. Post Workout
 - a. Stretching (20-30 sec. hold)
 - i. Neck, pecs, tricep, bicep, lats, rotator cuff
 - b. Use tennis ball to reduce trigger pts. (pecs./infraspinatus)
 - c. Foam roller
 5. Strength Training (2x/week)
 - a. Therabands
 - b. Core Training (Bird Dog for Co-contraction, obliques)

*Concentrate on your particular weakness

Sharp, stabbing, throbbing pain= Ice

Dull, achy, sore = Moist heat

Glucosamine, Chondroitin, MSM are popular supplements for joints (used best for **Prevention** not **Pain**)