

## 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**)