

# **SHOULDER INJURY PREVENTION**

*([video found on USASWIMMING.ORG](#))*

## **Core Exercises**

### **1. Side Plank Raise – on your side in a “T” like position.**

- a. Elbow directly under the shoulder.
- b. Keep the body in a straight line.
- c. Repeat 3-6 times for 30 seconds each

### **2. Quadraped**

- a. On all fours...lift opposite arms and legs straight out.
- b. Straight line from fingers to toes.
- c. Hold 6 times for 30 seconds on each side.
- d. Hold a small weight in front to increase difficulty

### **3. Chair Pelvic Tilt Crunch**

- a. Lay on back with feet resting on a chair/bench.
- b. Hands held in front of you. Roll up to the middle, to the left and to the right.
- c. Do not use your hips, legs or other muscles to push your back down. Control the roll up and the roll down.
- d. 3 times 15 cycles (a cycle is left, middle, right)

## **Scapular Muscle Exercises**

### **1. Hitch Hiker**

- a. Lay face down on a flat surface, hands out like a “T” with the thumbs pointing upwards
- b. Raise the hands up while squeezing the scapular together
- c. 3-6 sets of 20 repetitions.

### **2. Scapular Push-ups**

- a. Athlete begins in the push-up position (can be done on knees if necessary)
- b. Elbows have a slight bend in them and the spine should always be straight.
- c. The athlete squeezes their scapular together to lower and raise the body.
- d. Arms do not bend to lower the body
- e. Work up to 3-6 sets of 20

### **3. Isolated Shrug (using a dumbbell)**

- a. Athlete positions one knee and one hand on a bench (same side)
- b. Using the other arm, the athlete hangs the weight below the shoulder allowing only a slight bend in the arm.
- c. Slowly raise and lower the weight by squeezing the scapular and rolling the shoulder up and down.
- d. Work up to 3-6 sets up to 20 repetitions

#### **4. Swimmer**

- a. Athlete sits on an exercise ball or armless chair with most of their weight on the balls of their feet in front.
- b. Lean forward with a flat back and tight abdomen, head and chin in proper swimming position.
- c. Holding a light weight in each hand, the swimmer starts with the hands raised straight out in front with palms down.
- d. Maintain body position while you slowly swing the weights down and backward with the arms straight. The palms will finish face up behind you.
- e. Take 5-6 seconds per repetition. Work up to 3-6 sets of 10 repetitions keeping the abs active throughout.

### **Rotator Cuff Exercises**

#### **1. Ball on the Wall**

- a. You can stand with shoulders parallel to the wall with a straight arm
- b. You can also stand side ways to work the rotator cuff in different directions.
- c. Important to keep back and spine in line and arms straight.
- d. Roll the ball in small circles – 2 times in each direction
- e. Repeat for 30 seconds on each arm, 2 times each.

#### **2. Shake the Bottle**

- a. Standing straight, lift the arm with the elbow at a 90 degree angle in front.
- b. Keep the bottle parallel with the floor and shake back and forth.
- c. Shake for 30 seconds 6-10 times on each side. Increase difficulty with more water in the bottle.

#### **3. Internal/External Rotation (2 Options – with cords or with weights)**

- a. Anchor cord/exercise band at bellybutton height.
- b. Stand sideways and maintain a straight body with a tight core.
- c. Internal rotation, hold the band in the hand closest to the anchor. External rotation, hold the band in the hand furthest from the anchor.
- d. Keep elbows at 90 degrees and always next to the body at the waist.
- e. Rotate away from the anchor slowly and continuously to get a full range of motion.
- f. Work up to 20 repetitions 3 times on each side in each direction. You do not need a lot of resistance for this exercise.
- g. This can also be done with light weights (4 pounds or less) by laying on your side. Internal rotation, hold the weight in the hand closest to the ground and rotate up towards the hip. External rotation, hold the weight in the top hand furthest from the ground and rotate up.

#### **4. Drop and Catch**

- a. Stand up straight holding a tennis ball straight out in front of your shoulder.
- b. Keep the arm straight throughout the exercise.
- c. Drop the ball and catch 8 inches below and circle back up across the front of the body.
- d. Feel the back of the shoulder being worked after 20 repetitions.
- e. 3 sets of 30 on each side.