Swimming Related Injuries

1st Communicate with the athletes coach- Sometimes a simple change in stroke technique or resting a particular stroke or movement may be enough change to reduce any issues. Don’t stretch an injury you may cause further damage. Remember there is a difference between sore muscles and an injury.

2nd Ice, Ice and more Ice- Ice is great for athletes in general, it naturally reduces swelling of muscles, connective tissues of contusions. Icing can be done any time after a workout to help speed recovery. Especially when there is an injury reducing the swelling will often fix the issue. Sometimes injuries are caused not by swimming, but just daily movements or even just sleeping in a different position.

3rd Anti-inflammatory- Always check with your physician and use if Ice and Rest are not working. If there is a lot of swelling or constant pain use of an anti-inflammatory may help speed the recovery.

Lastly, proper stroke technique helps prevent injuries this is why we are so insistent on proper technique it’s not always about just being a faster swimmer.