

## POST POOL RECOVERY

The following stretches are recommended **after every training session.**

As a swimmer you have key muscle groups which become tight whenever you swim. Over time this can lead to injury or compensation of your stroke. To minimise this effect, you should work on these stretches daily.

Most of the stretches are **dynamic (moving)** stretches not static (holding) stretches

### **1: Foot release:**

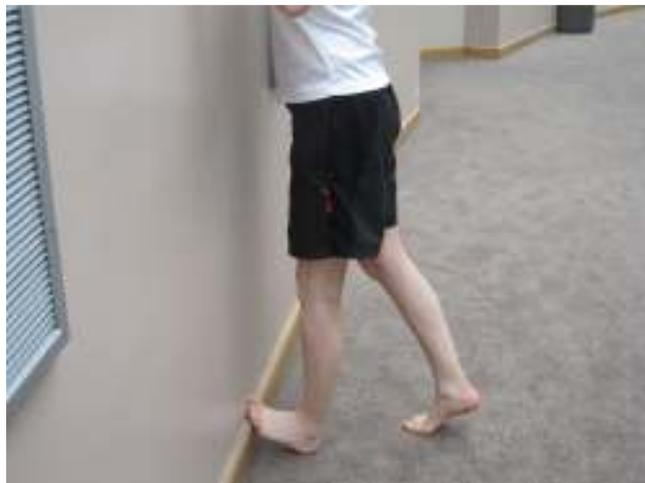


Using a tennis ball or similar firm ball under the arch of your foot, roll back and forth firmly for 20-30 seconds on each foot.

### **2: Calf & Achilles:**

This is a 2 part stretch and should be done as a moving stretch,

- i) part 1 calf: facing wall, foot against it, knee straight, heel on the floor, hips and shoulders even- move weight forward and backwards until you feel a stretch in the back of the calf



OR it can be done over a step, moving up and down 10-15 times.



- ii) Part ii) Achilles stretch: same as above but this time, try to keep the heel on the floor and bend knee towards wall without twisting body.



### **3: Hamstrings:**

Lying on your back, bring one leg to 90°, slowly bend and straighten knee, as if trying to put a footprint on the ceiling, 10-20 times- *keep the leg moving ...this is not a static stretch*



3b Hamstrings and lower back:

Standing, bend over and grab toes, put chest on to thighs, bending your knees as much as you need to, to allow this. *Keep chest on your thighs* as you gently try to straighten knees and lift tail bone towards ceiling. (Most will not be able to straighten knees fully without lifting at the chest and we don't want this to happen, so just go as far as you can)



4: Gluteals:

Hold one leg to chest and cross opposite ankle onto the knee. Push knee away from you with your hand and resist with your knee, hold 10 seconds and then try to push knee further away, repeat x 3



### **5: Lumbar spine:**

Hold both knees to chest and gently roll lower back off the floor using abs (don't just pull with the arms), at the same time, gently tuck your chin in (as if nodding) and press out heels, 10-20 rocks



### **6: Lats:**

Kneeling: stretch L arm across R and reach forward as you breathe in, keep reaching forward as you breathe out and sink bottom closer to heels. Repeat x 5 breaths on each side



### **7: Sleeper Stretch:**

Lying on side (*ideally have something under to support your head*) to fix your shoulder blade, arm at shoulder level, gently rotate arm towards floor using other hand. 20-30 seconds. Stretch should be felt at the back of the shoulder...pinching or pain the top of the shoulder means you should STOP this stretch until you get some advice



**8: Hip flexor and quads:**

Part i)

Lying on side tucked up, hold on to ankle of top leg and pull leg backwards until you feel as stretch in the thigh, hold/relax technique so try to straighten knee and resist with your hand. Repeat x 3 each leg.

Part ii) kneeling stretch, will feel it more at front of the hip. Make sure you flatten your lower back by tucking tail-bone downwards.



**9: Thoracic extension:**

Part i) roll ups,

Roll up off floor x5, keeping chest forwards to extend through upper back

Part ii) tennis balls

Using foam roller or double tennis balls, gently extend spine over balls while lying on back



**10: Clocks:**

Lying on side, roll arm behind body, looking at your hand as it goes back. Aim is to get the **shoulder blade** as close to the floor as possible, (not so much the hand) while keeping the shoulder in a safe position. STOP this exercise if it causes shoulder pinching or pain and ask for advice. X 5 each arm

