

Prevention:

- Increase strength of back and shoulder muscles
- Increase flexibility of shoulder and chest
- Increase core stability



Notice:

Consult IMG Physical Therapy if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly. Exercises should be stopped if shoulder pain is provoked.



IMG Physical Therapy

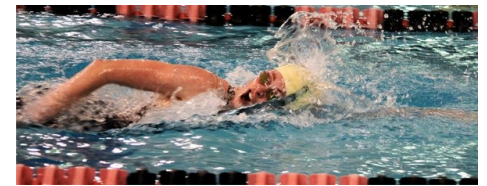
Christopher Gordos, DPT
Eric Parrish, MPT
Andrea Miller, DPT

805 N Richmond Street
Suite 103
Fleetwood, PA 19522

Phone: 610-944-8140
E-mail: imgpt@imgpc.com
Website: www.imgpt.com

Swimming Shoulder Injuries:

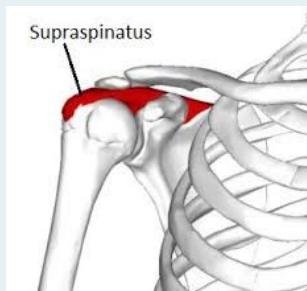
Risk Factors and Prevention



Prevalence:

- 40-91% swimmers have shoulder injuries
- Often caused by muscle imbalances of shoulder/back/chest muscles
- Most common injury is supraspinatus tendinopathy

Risk Factors:

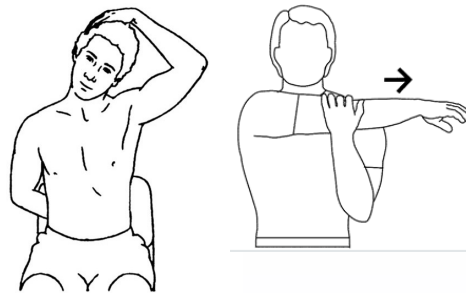


- Sudden increase in training load
- Improper weight-training
- Improper stroke technique
- History of previous shoulder injury
- Tight chest and shoulder muscles
- Weak shoulder, back, and abdominal muscles
- Lack of dryland/strengthening program

Stretching Exercises

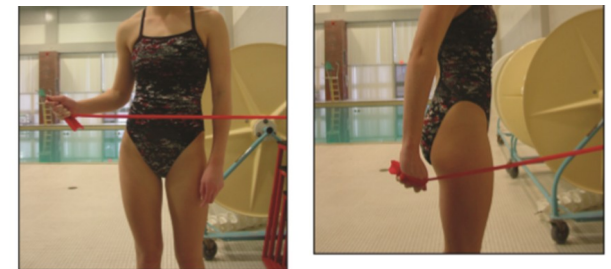


Stretches are to be performed for 3 repetitions of 30 seconds for each set. Stretches can be performed every day as needed. These pictures demonstrate a pectoralis stretch, upper trapezius stretch, and shoulder posterior capsule stretch.



Strengthening Exercises

Strengthening exercises can be performed 3-5 days a week. Tubing exercises are to be performed for 2-3 sets of 10-15 repetitions. This will increase shoulder strength and decrease the imbalances of the typical swimmer's shoulder muscles. Side planks are to be held until fatigued on both sides. This will increase core strength to help with body rotation during swimming and put the shoulders in better position.



If there is any pain when performing side planks then stop exercise and consult IMGPT.

