

**Shoulder Injury Prevention
for the
Un-Injured Swimmer**

**Central Texas Pediatric Orthopedics
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**Shoulder Injury Prevention for
the Un-Injured Swimmer**

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The following is a group of exercises designed to strengthen typically weak muscles in swimmers. The exercises focus on the rotator cuff and shoulder blade stabilizing muscles. The key to the exercises is that they are done consistently and with proper form. Below is a description of each exercise and following is a brief schematic of each exercise. The exercises should be done for time instead of repetitions and you should stop each exercises if you cannot maintain proper form. You should try to do the exercises **2 to 3 days per week**, after practice if possible

#1. External Rotation - Start with tubing tied to door or fence and elbow by side palm facing in. Rotate the arm out away from your body keeping the elbow bent to 90 degrees. Return to starting position slowly. You should go through the middle of the range of motion. **3 sets of 30 seconds to 2 minutes maintaining proper form.**

- Stand up straight with shoulder blades back
- Do not use hand or wrist to pull, all motion from shoulder

#2. Full Can or Scaption - Standing with arms at side. Raise arms up in the 10:00 (L) and 2:00 (R) plane with the thumb pointing to the sky. Raise to shoulder height then lower slowly. Shoulder blades should be pinched back during entire exercise. **3 sets of 30 seconds to 2 minutes maintaining proper form.**

- Keep arm straight, shoulder blades back
- Start with little or no weight

#3. Ball Circles on Wall – Using tennis ball, face the wall and stand up straight with arm in front of you almost touching the wall. Place the ball between your palm and the wall and apply light pressure. Squeeze shoulder blades together and roll ball in small circles under you palm. 15 seconds clockwise and 15 seconds counter-clockwise for **3 sets of 30 seconds to 2 minutes maintaining proper form.**

#4. Rowing - Start with tubing at chest height. Pull both ends of tubing toward chest and focus on squeezing shoulder blades together. Arms should come in so that your wrists end up by you side and your elbows are bent 90 degrees. Hold for 2 counts and return slowly. ***3sets of 30 seconds to 2 minutes maintaining proper form.***

- Motion should be slow and steady
- Upper back should not slump

#5. Hitch Hiker – Lay on your stomach on the floor. Place arms out to the sides with thumbs toward sky (body should make a “T”) Pull shoulder blades together and lift hands off floor and slightly toward head (end up in a “Y”) Hold 2 seconds and lower slowly. ***3 sets of 30 seconds to 2 minutes maintaining proper form.***

- Keep head and neck relaxed
- Start with no weight and add if completing 2 min.
- Only raise arms slightly off ground

#6. Push Up Plus – Starting either with arms on table top or in traditional push up position, go thru normal push up. At top of motion, lock elbows and pull shoulder blades around allowing your back to arch up, slower lower and bring shoulder blades back together. ***3 sets of 30 seconds to 2 minutes maintaining proper form.***

- Do not bend at waist

Important Muscles Groups to Stretch

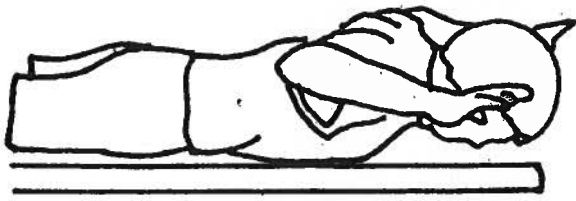
Hamstrings – 3 sets of 30 seconds each side. Lying on back, keep knee straight and pull foot up with towel.

Upper Back Stretch – 3 sets of 30 seconds. Cross hands and hold on to door frame or pole, pull back letting shoulder blades slide forward. Should feel stretch in between shoulder blades.

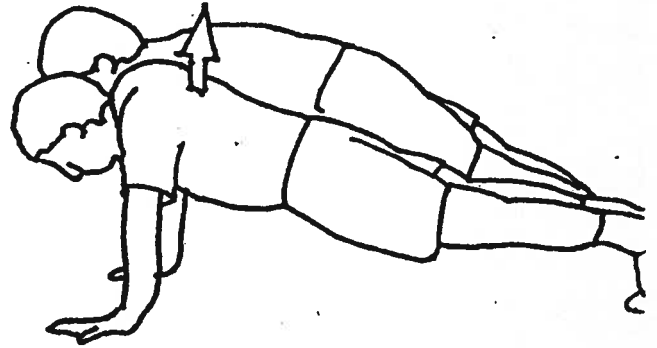
Upper Trap Stretch – 3 sets of 30 seconds. Rotate head half way toward shoulder, bring nose down toward arm pit using hand on that side to add pressure. Should feel stretch in opposite side of neck down to shoulder blade.

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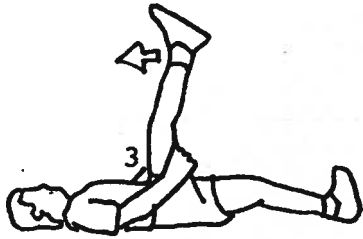
#5 Hitch Hiker



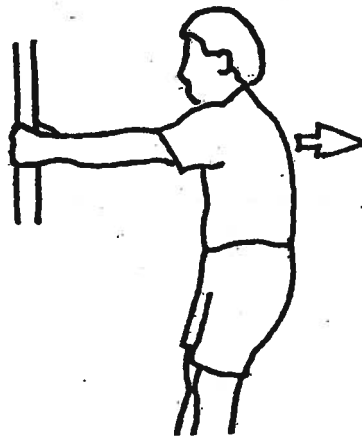
#6 Push Ups Plus



Hamstring Stretch



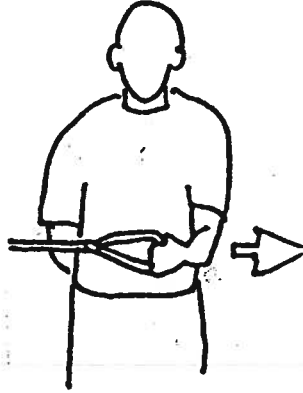
Upper Back Stretch



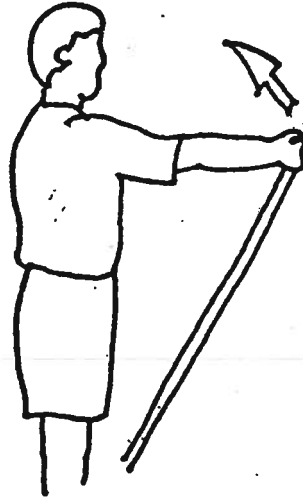
Upper Trap Stretch



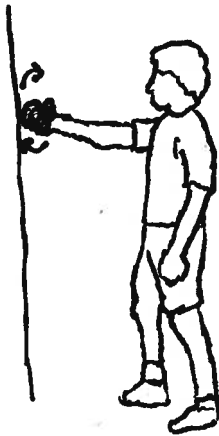
#1 External Rotation



#2 Full Can/Scaption



#3 Ball on Wall



#4 Seated Rowing

