

### Capstone Self-Assessment

Since there were only two coaches at my presentation due to Nationals that week, I decided to also include a self-evaluation of my project. Overall, I thought both aspects of the shoulder injury prevention program went well. There were a few hiccups (ex. missing a cable for the projector, late arrival of a coach), but I was able to make the necessary modifications to make it successful. For example, I positioned my computer screen in a way that allowed the audience to see and for me to present. The coaches were fully engaged in the educational session. They asked questions throughout the presentation regarding their swimmers, other exercises they had seen or performed in the past, and for further explanation and understanding. They enthusiastically participated in the exercise demonstrations, watched intently, and learned how to analyze exercise technique so that they could correctly apply the information to their swimmers. We also discussed possible strategies to adapt this program to another pool for summer practice because of possible equipment issues.

The athlete portion of the program also went smoothly. I introduced the program with background information to the swimmers. About 50% of the group admitted to experiencing shoulder pain currently or in the past. I explained that this shoulder injury prevention program would help decrease shoulder pain and injuries by increasing muscle strength, improving muscle balance and posture. However, I should have further emphasized the importance of having an active role in order to gain their buy-in into the program. I should have also clarified the difference between shoulder pain vs. shoulder soreness. I did tell half of the swimmers that the exercises would make them sore, but I should have done a better job of explaining this to the entire group. However, I have confidence that the coaches can provide this information since I emphasized it heavily during their presentation.

The athletes participated in exercise demonstrations, tolerated the exercises, followed instructions and individualized feedback well. While the athletes were practicing, the coaches helped me analyze their technique. We identified swimmers with scapular dyskinesis, scapular weakness and altered activation patterns that are not appropriate for the higher level exercises beyond phase I. For example, many of the swimmers struggled with the letter “Y” and balancing on the ball. We also identified athletes with glenohumeral joint laxity who do not need to perform the sleeper stretch. I think having the coaches see this in real time just after I had discussed it in the presentation, gave them a further appreciation and understanding.

This first implementation of my shoulder injury prevention program to the coaches and athletes identified areas for improvement, such as aspects of the delivery and setup for the next time. Nonetheless, the coaches were excited to begin this program and were very interested in my consultation throughout the summer swim season and future seasons.