

Shoulder Injury Prevention Exercise List – Phase 1:

Shoulder External Rotation

Directions: The swimmer is positioned on their side with the treatment side up. Keep the elbow close to the hip at 90° and the forearm on stomach. Place a towel roll under elbow. Grasp the dumbbell with hand. Lift and rotate the arm upwards then return to starting position. Perform 3 sets of 10 – 15 reps on both sides.



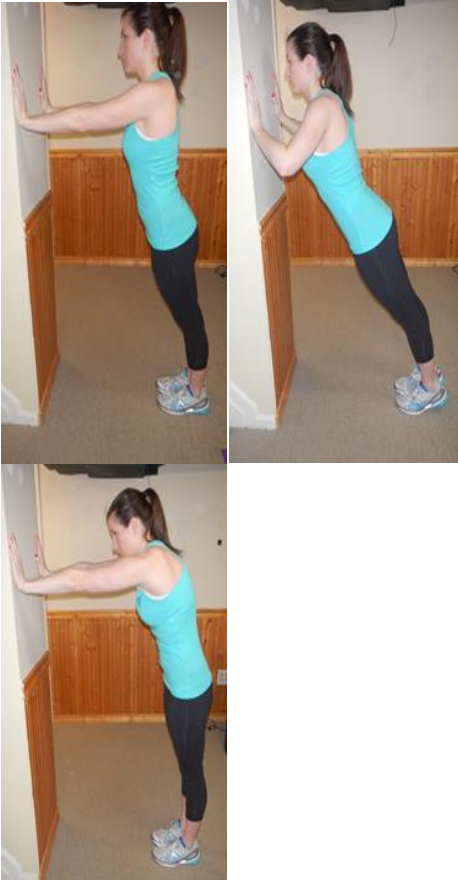
Shoulder Internal Rotation

Directions: The swimmer is positioned on their side with the treatment side down. Keep the elbow close to the body and forearm on the floor. Grasp the dumbbell with hand. Lift and rotate arm toward chest then return to the starting position. Perform 3 sets of 10 – 15 reps on both sides.



Push Up Plus

Incline Directions: In standing, the swimmer places both hands on the wall shoulder width apart. The feet are positioned approximately 2 feet away from the wall or at the desired incline. The swimmer lowers chest towards the wall then pushes back up into a rounded “hunched” back position. Return to the starting position. Perform 3 sets of 10 – 15 reps.



Knee Directions: The swimmer is positioned on their hands and knees that are shoulder and hip width apart. Lower the chest towards the floor then push back up into a rounded “hunched” back position. Return to starting position.



Toe Directions: The swimmer begins in a plank position on their hands and toes. Lower the chest towards the floor then push back up into a rounded “hunched” back position. Return to starting position.



Letters

W Directions: The swimmer is positioned on their stomach. Place the arms to the side at chest level. Elbows are bent and resemble the letter “W”. Squeeze shoulder blades together then lift arms towards the ceiling and down towards hips. Hold for 5 seconds. Return to starting position. Perform 3 sets of 10 – 15 reps.



I Directions: The swimmer is positioned on their stomach. Place arms at sides by hips with palm side facing up. Squeeze shoulder blades together then lift arms towards the ceiling. Hold for 5 seconds. Return to starting position. Perform 3 sets of 10 – 15 reps.



T Directions: The swimmer is positioned on their stomach. Extend arms straight out at chest level with thumbs up to resemble the letter “T”. Squeeze shoulder blades together then lift arms towards the ceiling. Hold for 5 seconds. Return to starting position. Perform 3 sets of 10 – 15 reps.



Doorway or Corner Stretch

Directions: The swimmer stands at a corner of a wall or doorway. Place arm(s) on the wall at shoulder height and with the elbow(s) bent to about 90°. Lean towards the wall until a stretch is felt. Hold stretch for 30 seconds. Repeat 3 times on each side.



Sleeper Stretch

Description: The swimmer is positioned on their side with the treatment side down. The arm is at shoulder height with the elbow bent. Using the other hand, gently press the bottom arm down until a stretch is felt. Hold this position for 30 seconds. Repeat 3 times on each side.

