

Shoulder Injury Prevention Exercise List – Phase 2:

Shoulder External Rotation

Description: The swimmer stands at the side of the pole and grasps the tubing with the outermost hand. Position the elbow close to the hip at 90°. Place a towel under the elbow. Step back from the pole to make the tubing tight. Pull tubing up and out. Then slowly return to start position by the stomach. Perform 3 sets of 10 – 15 reps.



Shoulder Internal Rotation

Description: The swimmer stands at the side of the pole and grasps the tubing with the innermost hand. Position the elbow close to the hip at 90°. Place a towel under the elbow. Step back from the pole to make the tubing tight. Pull the tubing across the body then slowly back out by the side. Perform 3 sets of 10 – 15 reps.



Scapular Rows

Description: The swimmer stands facing the pole. Grab both ends of the tubing. Step back until the tubing becomes tight. Lift arms to shoulder level with elbows bent at 90°. Squeeze the shoulder blades together then pull the arms backwards. Hold for a few seconds then return to the starting position. Perform 3 sets of 10 – 15 reps.



T Description: The swimmer is positioned on their stomach on a therapy ball. Place feet shoulder width apart and activate core muscles to balance. Extend arms straight out to the sides with thumbs up at chest level in a “T” position. 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.



Letters

W Description: The swimmer is positioned on their stomach on a therapy ball. Place feet shoulder width apart and activate core muscles to balance. The arms begin at the sides at chest level in a “W” position. 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.



Y Description: The swimmer is positioned on their stomach on a therapy ball. Place feet shoulder width apart and activate core muscles to balance. Extend arms above head beyond shoulder width apart in a “Y” position. The thumbs should point up. Squeeze the shoulder blades together then lift the arms towards the ceiling. Hold for 5 seconds. Return to starting position. Perform 3 sets of 10 – 15 reps.



Cross Body Stretch

Description: In the standing or sitting position, the swimmer crosses one arm over the body while the other arm holds it above or below the elbow joint. Pull arm into the body for desired level of stretch. Hold for 30 seconds. Perform 3 sets.



Chin Tucks

Description: The swimmer lies comfortably on their back. Gently push the chin back with fingers so the head is pushed into the floor and the neck lengthens. Hold this position for about 10 seconds. Perform 10 sets.



