

Shoulder Injury Prevention Exercise List – Advanced Exercises

Ball on the Wall

Directions: The swimmer stands about 2 feet way from the wall. Position and hold a small ball on the wall with an outstretched arm at shoulder level. Make small circles with the ball in the clockwise and counter-clockwise positions for 30 seconds. Perform 2 sets in each direction. Repeat on the other side.



Quadruped

Knee Directions: The swimmer is positioned on their hands and knees that are shoulder and hip width apart. Slowly extend the opposite arm and leg so that it is parallel to the floor while maintaining balance. Hold this position for 5 seconds. Repeat on opposite side. Complete 20 reps on both sides



Toe Directions: The swimmer begins in a plank position on their toes and hands. Slowly extend the opposite arm and leg so that it is parallel to the floor while maintain balance. Hold this position for 5 seconds. Return to starting position. Repeat on the opposite side. Complete 20 reps on both sides.



Walk outs

Description: The swimmer is in the plank position with a ball under their legs. Move across the room by walking hands forwards and backwards. Perform 3 sets of 30 second intervals.



Step overs

Description: The swimmer is positioned in a plank position on their hands and toes. Alternate hand placement on a step and then back down to floor. Perform 3 sets of 15 reps. Increase speed of the exercise as the next progression.

