

## Shoulder Injury Prevention Exercise List – Phase 3:

### Shoulder External Rotation

Description: The swimmer stands to the side of the pole. Grab the end of the tubing with one hand. Step backwards until the tubing is tight. Lift arm to shoulder height with the elbow at 90° and the hand directed forward. Rotate arm upwards so that the hand is directed at ceiling then slowly turn to starting position. Perform 3 sets of 10 – 15 reps.



### Letter Transitions

Y to W Description: The swimmer is positioned on their stomach and balances on a therapy ball. Feet are on the floor to help with balance. Extend both arms over head with the thumbs pointed up in a “Y” position. Squeeze shoulder blades together and move arms down into the “W” position at chest level. Return to starting position. Perform 3 sets of 10 – 15 reps.



I to W Description: The swimmer is positioned on their stomach and balances on a therapy ball. Feet are on the floor shoulder width apart to help with balance. Extend both arms by hips in an “I” position. Squeeze shoulder blades together and move arms into the “W” position. Return to the starting position. Perform 3 sets of 10-15 reps.



**T to Y Description:** The swimmer is positioned on their stomach and balances on a therapy ball. Feet are on the floor shoulder width apart to help with balance. Squeeze shoulder blades together. Extend both arms to the side with thumbs up in the “T” position. Move the arms into “W” then overhead into the “Y” position. Return to the starting position. Perform 3 sets of 10-15 reps.



### **Foam or Towel Roll Stretch**

**Description:** The swimmer lays their back on a foam or towel roll. Feet are flat on the floor. Activate the core to flatten back on the roll. Place arms to the sides at shoulder height with the elbows bent to 90° and palms facing up. Relax and hold this position for 30 seconds. Repeat 3 times.



### **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.

