

The Bare Essentials

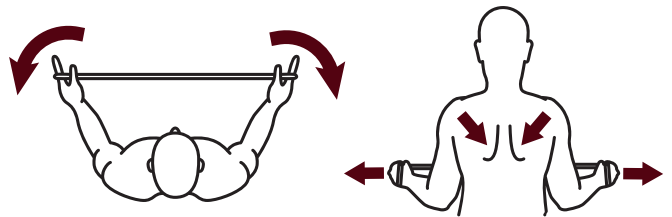
The following four exercises are the minimum you should do to reduce your risk of shoulder problems. They are quick, easy to do and require no costly equipment. You will need some exercise rubber. This is available at most physios or exercise equipment shops. For a more comprehensive set of exercises or if you have an injury, see your physio for advice. Don't assume you know what you are doing. Remember - these exercises are to prevent injury. If you already have pain, get advice on how to manage your problem from a physiotherapist. These exercises should NOT cause any pain.

Strength Exercises

Perform your exercises daily. Repeat each exercise until your muscles fatigue. This usually occurs in the shoulder. Rest for one minute and then repeat again until fatigued. Do 3-4 sets. The number you do is not relevant, fatigue is the aim. Don't exercise within an hour before or after a swimming session. Vary the speed of your exercises once you are comfortable doing them. Try to match your stroke rate.

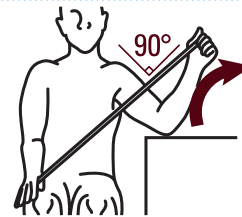
External Rotation Retraction

Standing, elbows bent 90° by side, holding exercise rubber. Push hands apart keeping elbows bent 90° by side. Pull shoulder blades down and in towards low back. Hold! relax! repeat.



External Rotation Ab Rubbers

Sitting, elbow resting on table, bent 90°, in line with body. Other hand on opposite leg, holding exercise rubber. Pull table hand back, rotating arm. Relax, repeat. As exercise gets easier, increase the height of the elbow by resting on a phone book. Gradually increase the height over time.

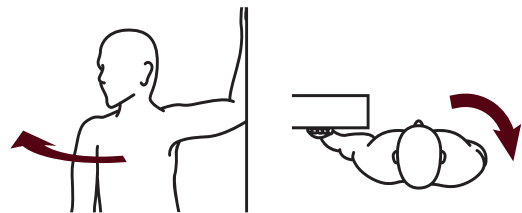


Stretch Exercises

Perform your stretches daily and prior to swimming. Stretch only to the point of tightness, not pain.

Front Shoulder / Pec Stretch

Standing, arm up in "stop sign" position. Rest your forearm against wall. Rotate your body away from arm till stretch is felt in front of chest and shoulder. Hold 10 seconds. Relax! Repeat 4 times or more each side.



Neck Stretch

Sitting or standing up-straight, hand over head resting above opposite ear. Look down 45°. Pull head gently to side until a stretch is felt on the opposite side of the neck. Hold 5 seconds. Relax! Repeat 4 times each side.



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