



Lean head to the side trying to bring your ear towards your shoulder without lifting your shoulder. Use free arm to put on head to pull and gently increase the stretch. Keep eyes facing forwards



Stand one foot in front of the other, hands behind bottom, fingers interlocked – take hands away from bottom as far as comfortable to feel stretch



Raise your arm over your head with palm facing the front. Bend your elbow and try to reach the shoulder blade on the same side of your body. Use the opposite arm to push your elbow back. Keep tummy muscles slightly tightened to prevent over-arching the back

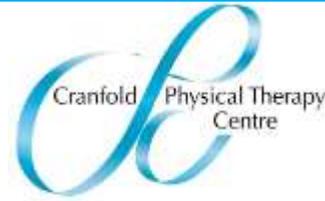
Hold both arms out in front of your body at shoulder level. Link your fingers together keeping elbows slightly bent. Slowly turn the palms of your hands to face away from you and gently straighten your elbows (as far as comfortable)



Extend your arm out directly in front of you and bend your elbow across your body – thumb pointing down. With your other hand, gently pull your elbow across your body.



Stand feet together, bend left knee taking foot towards bottom. Gently reach left hand to left foot and gently pull left foot up to left buttock to feel stretch in left thigh (keep knees together).



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Swimming

Common Injuries and Prevention



Clinics in Cranleigh, Dorking and Horsham

An introduction to common swimming injuries together with some suggested exercises to include in your warm-up

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Breaststroke Knee

This is caused by overuse or poor technique. Frequently the hip abductors are weak or there is decreased flexibility of the hamstrings, adductors or iliotibial band.

Usually there is pain on the inside of the knee – can be felt on the whip action of the kick (medial collateral ligament strain). Once this ligament is strained, to keep doing breaststroke will exacerbate it.

You may get pain, swelling, tenderness and limitation of movement. The pain can occur on any activity which involves stretching the ligament, e.g. twisting.

Treatment at first is rest, ice and anti-inflammatories. The specific exercises need to be taught to strengthen muscles, and stretches for shortened muscles.

You can do breaststroke arms with butterfly legs if there is no pain on this movement.

Swimmers Shoulder

This is the most common shoulder injury. The usual contributory factors are due to overtraining (fatigue), poor technique (e.g. not enough trunk roll), poor core muscles, poor posture, muscle imbalance and unilateral breathing.

Swimmers shoulder is a rotator cuff impingement or tendonitis. It occurs when the ball joint of the shoulder compresses the tendon against the 'roof' of the socket.

It can occur in the recovery or pull through phase of front crawl and can also occur in backstroke and butterfly.

The treatment includes:

- Electrical treatments and soft tissue massage to decrease inflammation.
- Rehabilitation of the rotator cuff muscles.
- Correction of muscle imbalance.
- Strengthening of core muscles.
- Correction of posture as many swimmers have rounded shoulders and poor spinal posture.
- Stretching of tight muscles.
- Rest and ice.
- Stroke correction.
- Return to pain free swimming strokes first.

It is advisable to consult your physiotherapist as to which exercises to do and when. Here are some examples:

- 1 Lying on your tummy, arms by side. Lift one shoulder off the bed – hold this, then lift that arm off the bed (straight arm) – hold for a count of 5. Lower arm, then shoulder. Repeat x 10 each arm
- 2 Lie on your right side, right arm just in front of you on the bed and elbow 90°. Small weight in right hand (eg baked bean tin or 1kg weight). Lift your hand up to your tummy (keep elbow at 90°) and lower. Repeat x 10 and then repeat same exercises on other arm.
- 3 Lie on your left side, weight in right hand on the bed, elbow at 90°. Lift right hand up off the bed as far as you can (keep elbow at 90°) repeat x 10 and then repeat same exercise on the other arm.

Pre-Swimming exercises -Turn over for a selection of exercises that you may find useful to include in your pre swim warm up. All stretches should be performed up to the point when you begin to feel a slight discomfort (not pain). Hold each stretch for a count of 30. Repeat each stretch 3 times on each side. If you have an injury, please ask the physiotherapist prior to doing the stretches