

Swimmers Shoulder

Swimmers shoulder initially results in pain in the top portion of the shoulder. The pain may occur at rest but most often with repeated overhead activities

This could be a simple impingement, to bursitis and as bad as a RTC tear.

Causes:

Most swimmers develop extremely strong / tight pectoral muscles, resulting in a slightly forward flexed posture, which could create the above problems by changing the mechanics of the shoulder. Their scapular mechanics may also be affected. In addition to this your therapist should also look at your stroke technique. Correcting your technique is not actually that difficult, but you do need to know what to look out for and, just as importantly, work diligently to improve in these areas.

Video analysis

is a great tool for this because it

thumb first entry into the water leads to excessive internal rotation which, from approx 3200 strokes per hour, can eventually lead to acute pain in the shoulder as an 'over-use' injury. Instead of entering thumb first, change your technique to enter with a flat hand, finger tip first.

Catch and Pull Through



Without the use of video analysis, many swimmers are unaware of how they pull through under the water.

Typically swimmers will pull through with either a dropped elbow or with a very straight arm. Doing so loads the shoulder muscles excessively as the majority of the pull through phase is spent pushing down, rather than pressing back.

Working to develop a high elbow catch technique with enhanced swimming posture will really help you utilize the larger, more powerful muscle groups of your chest and upper back, rather than rely upon the shoulders.

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Specializing in Shoulder, Elbow, Wrist and Hand Therapy



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really helps you identify what you personally need to work on. We recommend you get some if you possibly can.

Treatment: Conservative:

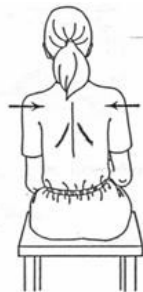
Most swimmers inherit poor posture from your daily working life which can really affect how your muscles work when in the pool or ocean.

Swimming Posture



The **YTWL** exercise is great for tuning into better posture.

This can easily be improved by working on flexibility in the muscles at the front of the shoulder and chest. Doing this together with improved stabilization of the muscles at the back of the shoulder improves



posture and removes cross-over

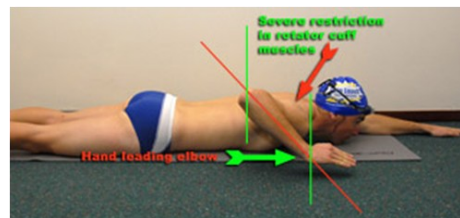


at the front of the stroke.

Your therapist may use mobilization to improve ROM and flexibility in the shoulder. They may also use taping to enhance correct posture when you are not swimming.

Correcting Technique:

A flat body position



The following simple tips will

ensure you avoid developing a shoulder in-

jury from your swimming:

Developing a good, symmetrical body rotation through the development of an efficient bilateral breathing pattern is key to removing shoulder injury.

Swimming with a flat body in the water with limited rotation along the long axis of the spine causes the arms to swing around the side during the recovery phase



Good body rotation

This swinging action results in large amounts of internal rotation at the shoulder joint which is the major source of impingement and rotator cuff issues.

Avoid thumb first entry

A hand pitch outwards with a

