

Swimmer's Shoulder Strengthening

This exercise programme has specific exercises to strengthen the muscles around your shoulder. It will improve muscle balance and stability of your shoulder blade and upper back. To get the best benefit you must perform the exercises with good technique, positioning and alignment. Do them slowly and correctly. Poor practice can lead to strain and injury.

These exercises may be adjusted to your specific needs. As you improve other exercises may be added for progression. Your physical therapist will guide you through this. If at any time you feel pain or discomfort consult your physical therapist so they can adjust the rehabilitation programme, rather than simply stopping it all together.

Band Flexion 45 Degrees

Place an exercise band under your foot, and lift the other end upwards. Take your arm out slightly to the side (45 degrees from the front). When you have reached your limit, move your arm back down. This exercise will improve mobility and strength to your shoulder. Perform both sides.



SETS 3

REPS 10

 **Video:**
<http://youtu.be/mAEktw5dQ0I>

Dumb Waiter with Band

Hold an exercise band in your hands. Tuck your elbows in, keeping them bent at 90 degrees next to your body. Place your palms face up. Move your arms outwards to create a stretch in the exercise band. At the same time, contract your shoulder blade muscles, drawing your shoulder blades towards the midline of the back. This is a mobility exercise for your shoulder. Hold for 10 seconds.



SETS 1

REPS 10

 **Video:**
<https://youtu.be/c40Of3ISPkK>

Desk External Rotation with Band

Resting your forearm on a desk, with your arm bent at 90 degrees, rotate your arm outwards away from the table creating a resistance with the band. Your elbow stays in contact with the desk the whole time. This is a strengthening exercise for the rotator cuff shoulder muscles. As you improve you can perform this exercise standing with your arm unsupported and your elbow at the same height as your shoulder.



SETS 3

REPS 10

 **Video:**
<http://youtu.be/aJfSRenfpc>

Press-Up

Position yourself in a press-up position, with your arms straight. Keep your body in a straight line, with your bottom tucked under and your back flat. Drop your chest towards the floor by bending the elbows. Return to the start position. This is a chest, core, back and shoulder strengthening exercise. To progress this do a Push-Up PLUS, that is when you have pushed up and straightened your elbows, push even more down into the floor raising your upper back like a cat stretch.



SETS 3

REPS 10

 **Video:**
<http://youtu.be/XRL8J3cprDY>

Double Arm Bent Over Row with Band

Lean forwards to a 45 degree angle, and pull a band backwards with two hands keeping your elbows tucked in. This is a back and shoulder strengthening exercise.



SETS 3

REPS 10

 **Video:**
<http://youtu.be/e6mkhtzYbKk>

Arm Push Against SB

With a straight arm, push against a Swiss ball on the wall. This is a great exercise to improve stability to your shoulder. Perform both sides.



SETS 3

REPS 10

 **Video:**
<http://youtu.be/0QaFp0I-izM>

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