

Swimmer's Shoulder Stretching

This programme has specific stretches to lengthen tight structures around your shoulder and upper back, as well as correct poor posture. It is not essential to over-stretch the front of the shoulder as swimmers generally have hypermobile joints and too much stretching could make shoulder problems worse. So focusing on stretching the right structures is important. The front of the chest or pectorals muscles should be stretched as these often relate to poor posture too. To get the best benefit

you need to perform the exercises with good technique, positioning and alignment. Do them slowly and correctly. Poor practice can lead to strain and injury.

These stretches may be adjusted to your specific needs. Your physical therapist will guide you through any changes or progressions. 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.

Bilateral Pec Stretch

Place your arms at 90 degrees, with your palms flat on the wall, and face towards a corner. Push your body into the corner keeping your hands in the same position. You will feel a stretch across your upper arms, front shoulders and chest. Hold for 30 seconds.



SETS 1

REPS 3

**Video:**http://youtu.be/H90D_pClpUY

Internal Rotation with Over-Pressure

Lying on your injured side (if its too uncomfortable to lie on this side, then stop the exercise), bend your arm to right angles, and gently push your palm towards the floor. This is a mobility exercise for your shoulder. Hold for 30 seconds. Perform both sides.



SETS 1

REPS 3

**Video:**<http://youtu.be/DOiAXM6rK5M>

Open Book

Lie on your side, with your bottom leg straight, and your top leg resting on two pillows to keep your leg in alignment with your pelvis. Place your arms and hands together. Slowly rotate your upper back as you open your arms and shoulders as far as feels comfortable. Your bottom arm remains on the floor. As you open your arms, you follow your hand with your eyes. You should feel a stretch to your upper back, chest and shoulder. Hold for 30 seconds. Perform both sides.



SETS 1

REPS 3

**Video:**https://youtu.be/MlnTwM_CSyQ

Bruegger's Posture Standing Wall Band

Stand up against a wall. Ensure your heels, buttocks, shoulders and head are touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly (give yourself a double chin). Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. Repeat the movement. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture. Hold for 1 minute increase hold time with progress.

**Video:**<http://youtu.be/Fwgv-dy8yAM>

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