

# Swimmer's Back Pain Rehabilitation

This exercise programme has specific exercises to improve your core muscle strength as well as the muscles around your pelvis and buttocks that work together with your back muscles. These exercises will help improve the stability and alignment around your lower back, as well as your posture, which will help reduce the strain on your back. For greatest benefit, focus on performing 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.

## 2 Point Kneeling Horizontal

Adopt a 4 point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles by drawing your belly button in (towards your spine). Lift one arm in front of you, and your opposite leg behind you. This exercise strengthens the deep core muscles. Hold for 10 seconds. Perform both sides.

SETS 1

REPS 10



Video:

<http://youtu.be/MAzd-kxnH18>


## 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>

## Plank One Arm Rotation

Rest on your forearms and your toes. Lift one forearm off the ground. Twist your whole body and raise your arm directly in the air. Hold this position and then return your arm back down to the floor. This is a core strengthening exercise. Hold for 10 seconds alternating sides.



SETS 1

REPS 3

## Forward Ball Roll Advanced

Go on to your toes, with your elbows resting on a Swiss ball, roll the ball forwards by straightening your arms. Maintain good posture by forming a straight line with your body. This is a tough exercise, so only do this when you have adequate core strength. To make it easier and ensure you have good form, start it on bent knees, rolling the ball away from you. As you get stronger progress to straight legs. Hold for 10 seconds.



SETS 1

REPS 3



Video:

<http://youtu.be/i2FGOFRAv6Q>

## SB Press-Up Hold Advanced

Gently roll onto the ball placing your knees on the ball. Support yourself with both palms flat on the ground, and hold this position. Keep your body straight, tuck your bottom under and keep your back flat. Lift one leg and hold this position. To make the exercise easier, move the ball towards your pelvis, up your knees. To make the exercise harder, move the ball towards your feet. This is a core strengthening exercise, but also works many muscles throughout the body. Hold for 10 seconds alternating legs.



SETS 1

REPS 3



Video:

<http://youtu.be/dy5L9nDC6xc>

## Plank Reverse

Lie face up, and rest on your forearms forming a bridge between your feet and your forearms (by lifting your pelvis). This is a good core and back strengthening exercise. Hold for 1 minute and increase time as you progress.



SETS 1

REPS 3



Video:

<http://youtu.be/gxz8EKgOLXs>

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