

# Injury Prevention Tips For Swimmers

Some simple ways to prevent injuries are to perform a dynamic warm-up, stretch, avoid certain stretches and know when to consult an expert. Contact OSU Sports Medicine at 614-293-3600.

## Dynamic Warm Up

Performing these dynamic exercises before swimming (2 sets of 15 repetitions each) may help prevent injuries.

### External Rotation to Internal Rotation

Place your elbows by your side with your elbows bent to 90 degrees and hands pointed forward. Keeping your elbows at your side, externally rotate your shoulders so your hands point to the sides.



### Scapula Squeezes

Place the back of your hands on your back at your belt line and bring your elbows forward. Squeeze your elbows and shoulder blades together and return to the start position.



### 90/90 Abduction to Adduction

With your arms elevated to 90 degrees and elbows bent to 90 degrees, squeeze your shoulder blades together. Horizontally adduct your arms bringing your elbows and hands together as the same time. Then return to starting position with the shoulder blades squeezed once again.



### 90/90 External Rotation to Internal Rotation

Abduct your arms to 90 degrees and bend your elbows to 90 degrees with your palms facing the floor. Externally rotate your shoulders by bringing the hand and forearm backwards while keeping your elbows and shoulders in the starting position.



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### Scapular Squeezes to Streamline

Assume the 90/90 position. Start by squeezing your shoulder blades together, bringing your elbows towards your back pockets. From this position reach your hands up into a tight streamline position with a flat back, closing gap between arms and ears.



### Upper Trapezius

Place one hand on top of your head and the other hand behind your back. Gently pull head sideways and down toward the shoulder with the hand on top of your head. Continue looking straight forward. Hold for 30 seconds; repeat three times each side.



### Levitor Scapula

Place one hand on top of your head and the other hand behind your back. Look down toward your armpit of the arm that is up, and gently pull down and diagonally. Keep your head forward as you stretch. Hold for 30 seconds; repeat three times each side.



### Kneeling "W"

Start by kneeling on the floor. Reach hands forward until you feel a gentle stretch in your back, and hold 30 seconds. Then stretch by moving your upper body right and left; hold stretch in each position for 30 seconds.



## Four Stretches to Avoid in Hypermobile Shoulders

