

Swimmers Exercise Sheet



Exercise 1

Gently stretch neck by tilting head to one side. Hold for 10 seconds and repeat twice each side.



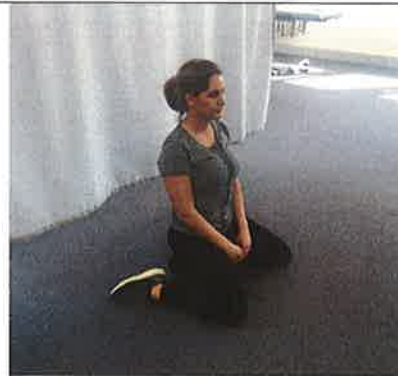
Exercise 2

Rotate upper body. Hold 20 seconds and repeat twice each side.



Exercise 3

Rotate upper body toward side with knee bent and side bend body as far as possible to straight leg. Hold 20 seconds and repeat twice each side.



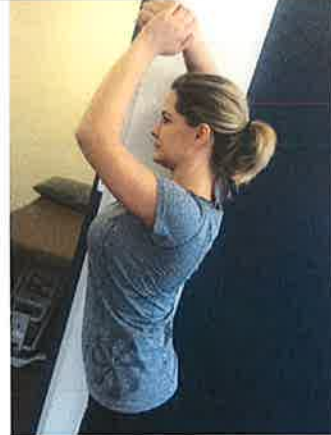
Exercise 4

Sit with feet turned out. Hold 30-40 seconds. Take care not to develop medial knee pain – stop if this occurs



Exercise 5

Start on all-4's then drop back toward feet keeping arms outstretched. Should feel in lats. Hold 30 seconds and repeat twice.



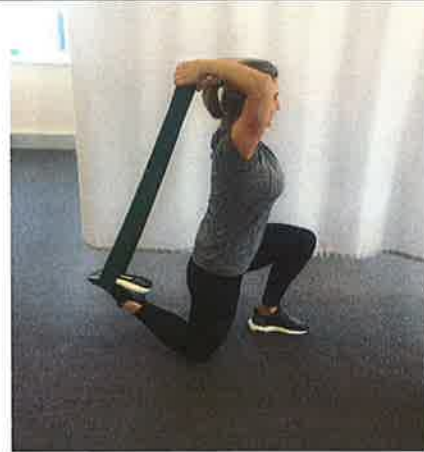
Exercise 6

Elevate arm against a wall. Gently push the hand toward the wall using opposite hand. Stop if pain is felt on the top of the shoulder. Hold 20 seconds and repeat twice each side.



Exercise 7

Push the hip forward taking care not to arch back. A stretch should be felt at the front of the hip. Hold 20 seconds and repeat twice each side.



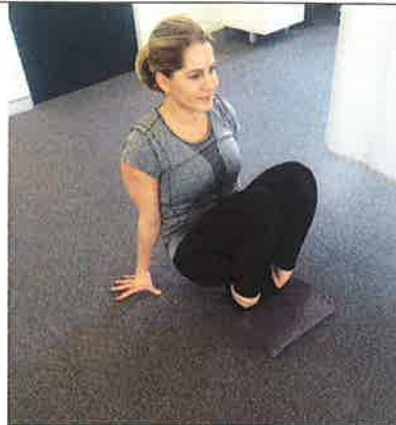
Exercise 8

Placing a strap over the foot, pull over the shoulder. Push the hip forward taking care not to arch back. Hold 20 seconds and repeat twice each side.



Exercise 9

Place a strap over the foot and pull the leg up keeping it straight. Hold 20 seconds and repeat twice each side.



Exercise 10

Sit on pointed toes and raise knees if flexibility allows. Take care not to feel pain in back of ankle. Hold for 15 seconds and repeat twice each side.



Exercise 11

Lying on side with lower arm forward, rotate the wrist of the lower arm towards the ground using the other hand. Take care not to feel pain on top of the shoulder. Hold 20 seconds and repeat twice each side.



Exercise 12

Tilting head to one side raise the opposite arm. Keep the wrist extended backwards and slowly bend and straighten elbow. Repeat 10 times each side.



Exercise 13

Bend elbow and place forearm against wall. Turn the upper body away from the wall. Feel a pull in the chest. Hold 20 seconds and repeat twice each side.



Exercise 14

Using one arm pull the opposite arm across the body. Feel the stretch in the back of the shoulder. Hold 2 seconds and repeat twice each side.



Exercise 15

Place a massage ball at the back of the shoulder while either lying down on the ground or up against the wall. Find the tender points and massage for 10-15 seconds. Take 1-2 minutes on each shoulder.



Exercise 16

Keeping body upright, stretch one hand as far down the back as possible using the other hand pushing down the elbow. Hold 20 seconds and repeat twice each side.



Exercise 17

Hold the knee and ankle and pull up toward the chest. Move the leg around the feel a stretch in the buttock. Hold 20 seconds and repeat twice each side.



Exercise 18

Using a foam roller, put under the upper back and roll up and down. Perform for 30 seconds to 1 minute.



Exercise 19

Standing with theraband attached at waist level on one side. Rotate the arm out keeping the shoulder blade back and down. Perform 20 reps each side.



Exercise 20

With hands on a gym ball perform 10 push ups. Keep the body straight.



Exercise 21a

Laying on gym ball with hand weights. Keep hips up and back level. Perform chest press for 20 reps.



Exercise 21b

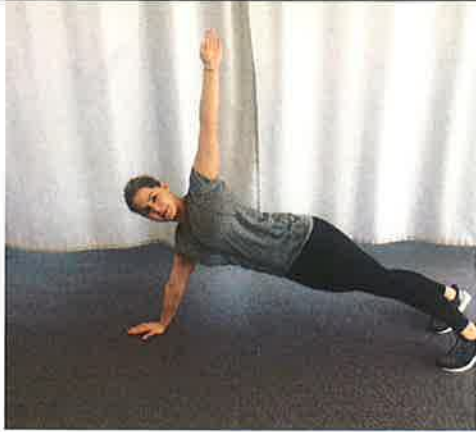


Exercise 22a

Standing with theraband attached behind the body. Push the arm forward. Can be performed single or double arm. Repeat 20 times.



Exercise 22b



Exercise 23

Bearing weight on one arm while upper body is rotated and hips remain level. Keep shoulders in line. Perform 10 rotations on each side.



Exercise 24a

Lying on stomach lift the head and chest slightly off the ground. Start with arms out to side in "T" positions, before bending elbows to "W" position then straighten to "Y" position. Perform 20 cycles.



Exercise 24b



Exercise 24c



Exercise 25

Lying on the back with arms pointed toward the ceiling, and hips and knees bent. Lower opposite arm and leg while maintaining a neutral back position. Repeat 10 times on each side.



Exercise 26a

Lying on back, arms and legs off ground. Raise body off the ground moving hands toward the feet. Lower back to starting position. Perform 10-20 reps.



Exercise 26b