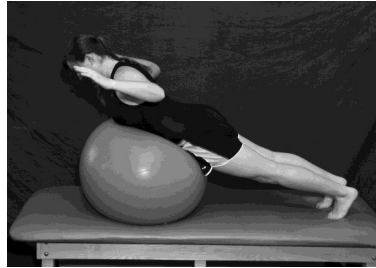
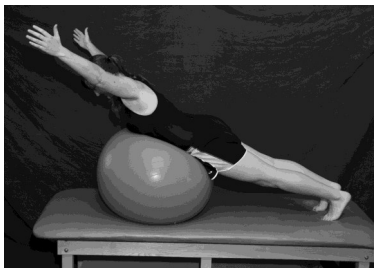
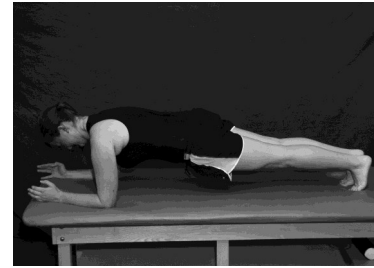
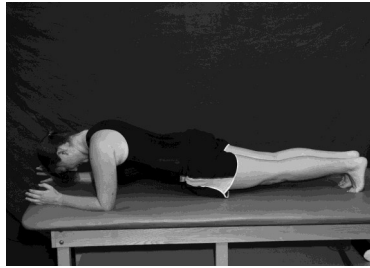


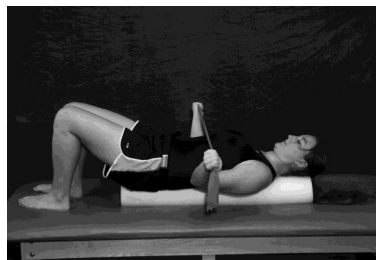
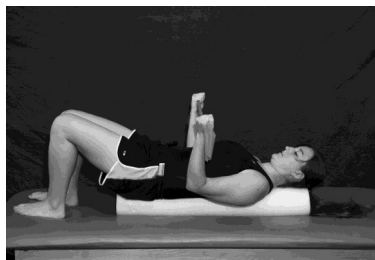
# Recommended Exercises and Stretches



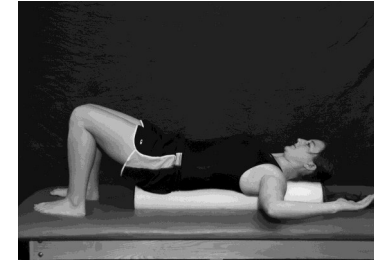
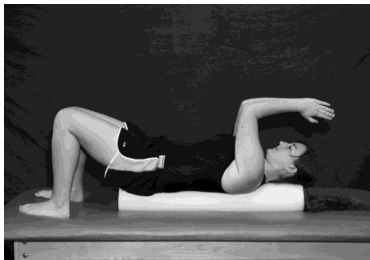
**Y-W** - With ball under chest, lift arms to form a Y. Pull shoulder blades down back. Keeping hands in line with head, bend elbows and bring arms down to make a W. Perform 3 sets of 10 repetitions.



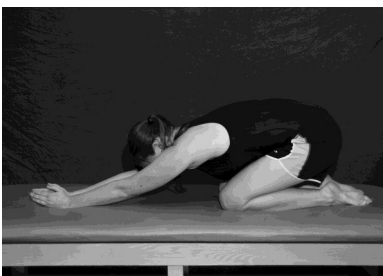
**Prone Plank** - In plank position, keeping back and butt flat, push shoulder blades as far apart as you can. Repeat 15 to 20 times then hold with shoulder blades apart for 30 seconds. Repeat 2 times.



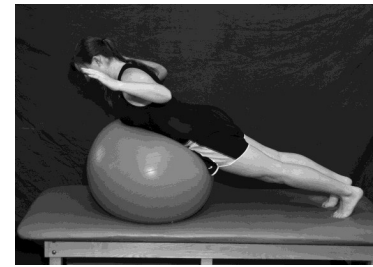
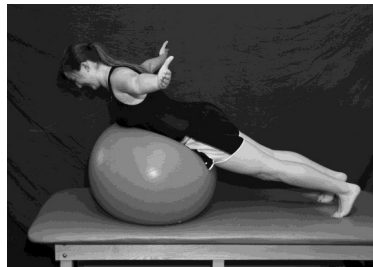
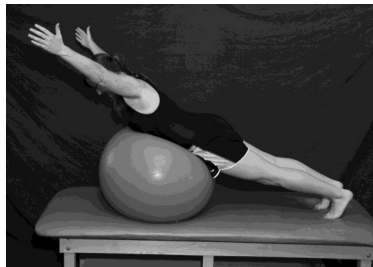
**Theraband Scap Squeezes** - Lying on foam roll, squeeze shoulder blades together and bring arms apart to side stretch band. Make sure to keep elbows in at sides. Perform 3 sets of 10 repetitions.



**Pectoralis Stretch** - Lie with foam roller along spine. Flatten back against roller bringing forearms together above face. Keeping elbows bent, open arms and squeeze shoulder blades together against foam roller. Hold for 5 seconds 10 times.



**Prayer Stretch** - Starting on hands and knees, push chest toward floor and extend arms as far as possible above head. Hold for 30 seconds 3 times.



**W-T-Y** - With ball under chest, lift arms to form a W. Pull shoulder blades together and down. Straighten elbows keeping thumbs towards the ceiling as if to make the letter T. Keeping shoulder blades pulled together, raise arms overhead to form the letter Y. Perform 3 sets of 10 repetitions.

**Current research shows that over 60% of swimmers have some form of shoulder pain.**



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**Recommendations for swimmers:**

- No more than 60,000 yards per week
- If swimmers have shoulder pain they should cut mileage in half
- Notify the coach/parent if swimmers are having problems

**When to seek care for shoulder pain:**

- Swimmers had to miss 4 or more practices in the last 2 weeks because of pain
- Swimmers have to take NSAIDs (ibuprofen, Tylenol) to be able to swim
- Swimmers have had to alter swim technique or change stroke preference because of pain
- Swimmer's race times are affected by your shoulder pain

**Parents and coaches: please take your swimmer's concerns seriously!**

Contact one of our swimming experts and identify yourself as a swimmer and provide your team's name.

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