



Swimmer's Shoulder Initially thought to be a form of impingement. Impingement Coraco-acromial arch The "roof" of your shoulder The rotator cuff compresses against these structures as the arm lifts. Coracoid impingement Subscapularis pinches against Tendinosis bone as the arm crosses in front of the body. Overuse injury resulting in

- Think crossing midline during a pull or under-rotation of the body.
- tendon weakness degeneration and pain.
- Associated with increased swim time and weekly distance
- Imbalance in work:recovery



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Prevention – Self Assessment

Shoulder Mobility – Internal Rotation



Start: Laying on back, knees bent, feet flat.

Arm at 90 degrees from body, hand pointed upward.





Pass: Arm rotates forward at least 45 degrees



Limited: Arm is unable to rotate forward to at least 45 degrees.



Prevention – Self Assessment

Trunk Rotational Stability – Bird Dog



Start: Hands and knees position. Chin tucked, spine in a mid range position



Finish: Arm and opposite leg extended. Pass: No rotation occurs, spine remains in the start position.



Prevention – Assessment

Poor Scapular Control





















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