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| **SHOULDER PROGRAM to get/ keep your body fit for your return to swimming** |

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| During the pandemic and in a time of uncertainty, social isolation, and open water sea temperatures only warming up, here are a few ideas to keep you shoulders active, mobility adequate and ideas for you to work on some simple prehab/ activation drills for your body**It  is simple...  think of 3 things...Stretching mobilty, and rotator cuff stability / endurance.**It is important that you make sure and warm up the deep stabilizers of your shoulder (Rotator cuff), but also to stretch the primary movers that are responsible for the propulsion of your stroke and then follow a fun Youtube video to work on a bit swim specific fun!! **Stretching -**I refer to it as  ‘pits and tits’, but basically you need to stretch out your arm pits and your chest muscles (lat dorsi and pectorals).There are numerous ways to do this, but here are a few suggestion:A) Hang thru a door trying to push your pits thru the door B) If you can not find a door jam height that suits, hang on to something on the wall, elbows on the wall and try to push your chest down to floor (‘pits’ )C) Now thru that same door, hands in 3 different positions- stretch your chest muscles (‘tits’) |

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| **Mobility**- activation of your arms thru range-**Wall angles -** a great activation exercise -  keep you tummy in, minimize the arch in you low back, and keep your elbows and wrists on wall- slide up/ down x 10 |

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| **Resistance band External rotation -**Pre- swim warm up for your rotator cuff muscles responsible for preventing impingement.  I prefer to do this one with two hands |

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| Progress to an overhead position – keep shoulder blade stable and no movement outside of axis of rotation thru your shoulder. One arm at a time....  Aim for 3 sets of 10 to 15 reps daily. |

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| **YouTube Suggestions:** [Dryland swimming exercises for triathletes](https://galwaytriathlonclub.us17.list-manage.com/track/click?u=ee18a021f6412f87990f247bf&id=c51db588e1&e=13b23a57c2)[Lab Coates Tri - Dry Land Swim Session - 60min Workout](https://galwaytriathlonclub.us17.list-manage.com/track/click?u=ee18a021f6412f87990f247bf&id=6849c40902&e=13b23a57c2) **Tips to be aware of:*** Double Arm pull- please be sure to keep tummy / core engaged when in a hip hinge, keep back straight
* Tricep push down- same posture specifics please
* Fly-  beware of shoulders hiking up, should be felt in latissimus dorsi
* Single arm pull- keep trunk stable, back , hip hinge
* Chest pounding- keep upright and knees soft vs straight
* Sculling-  beware of keeping shoulders down not up by your ears
* Injury prevention 4 exercises- individual arms.....  can preferably be done at start and are similar to the series of exercises described from above

**Other whole body suggestions can would include:**1. Lunges with twist- can be done with sport cord from the side or
2. From over head for more of a chopping motion. Be sure to do BOTH SIDES!!! And with opposite knee bent!!!
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|        3.Full arm superman/ or [bird dog exercise](https://galwaytriathlonclub.us17.list-manage.com/track/click?u=ee18a021f6412f87990f247bf&id=dc8f47aa8e&e=13b23a57c2)-  (video is on knee, but can be progressed to on toes from knees)       4. Dead bugs, which can be progressed to bands over head for resistance |

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| **But please....** If you are getting any persistent shoulder discomfort for anything longer than 10 min after activity, please stop and consult someone to make sure you do not continue if you are causing yourself injury.Thera- bands (I do not carry stretch cords but can be improvised to work), they are available to purchase at cost... just give me a call to arrange collection..... Tricia Strelioff MISCP   *Chartered Physiotherapy Director*[*B.Sc.PT*](http://b.sc.pt/)*, (M.I.S.C.P)  Cert .MDT (Certified McKenize Diagnostic Therapist )Cert Strength and Conditioning Specialist, (C.S.C.S)*5 the Crescent Galway[www.maplemotionphysio.ie](https://galwaytriathlonclub.us17.list-manage.com/track/click?u=ee18a021f6412f87990f247bf&id=03741e4163&e=13b23a57c2)091-516957  |

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