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RETURN TO SWIMMING PROGRAM

Dry-Land Rehabilitation

PHASE ONE: 0-2 weeks

→Establish stable base and strengthen rotator cuff

UBE

Scapular squeezes – upper and low trapezius

Sleeper stretch – posterior deltoid

Chin tucks – scalenes/deep anterior cervical musculature

T band ER/IR – rotator cuff

Isometric supermans – thoracic/lumbar musculature

Pectoral stretch on foam roller

Thoracic mobilizations

PHASE TWO: 2-4 weeks

→Strengthening exercises in 0-90 degrees ROM

T band rows – latissimus dorsi/rhomboids

Serratus punches and wall push-up plus – serratus anterior

Y's, W's, T's – middle deltoid/rhomboids/lower trapezius

SLER – infraspinatus/teres minor

T band Scaption with scapula squeezes – lower trapezius/subscapularis

Dumbbell Shrugs – upper trapezius

PHASE THREE: 4-6 weeks

→Functional training to include core and lower extremity strengthening

Lat pull down – latissimus dorsi

D1 – posterior deltoid/subscapularis

Chest flies – pectoralis major

Dumbbell one arm row – rhomboids/posterior deltoid

Smith press push-ups – serratus anterior

Medicine ball chops – serratus anterior

Cable reverse fly – rhomboids/posterior deltoid

High pulls – upper trapezius

Prone HAB with ER – lower trapezius

Abdominal Planks – core strength

PHASE FOUR: week 6 – return to swimming

→ Progressive return to swimming

Power shrugs – core/upper trap

Cable upright row – upper trap

Cable high to low chops – serratus anterior

Supine dumbbell pullovers – serratus anterior

Seated cable row - rhomboids

Incline bench press – pectoralis major/minor

Dumbbell lateral raises – middle deltoid

Barbell push-press – quadriceps/gluteus maximus/deltoid

Power rope circuit – core stability/upper body strength

Lower body strengthening program

Initiate interval swimming program only when swimmer has full pain-free range of motion and full strength of glenohumeral and scapulothoracic muscles.

Return to the Pool

Progressive return to swimming is vital. Yardage and frequency of workouts should be adjusted to each individual. Prior to beginning this program a starting point of yardage should be determined based on the average daily yardage performed before the injury. A good place to start is a 1000-yard swim of any stroke in order to for the swimmer to “feel the water” and gain confidence. Any increase in pain or discomfort throughout this program warrants re-evaluation of stroke mechanics and a decrease in yardage by 500 to 1000 yards per practice until swimmer is pain-free.

Stroke progression: breast → crawl → back → butterfly

Initial focus is on proper technique. Begin with slow cadence and increase speed as tolerated. Increase rest time between laps by 5-10 minutes as yardage increases.

Recommended initial frequency is 3x/week with a rest day between each session. Begin back-to-back sessions 4x/week followed by 5x/week followed by 6x/week every 2 weeks as long as swimmer is pain-free.

100 to 300 YARD STAGE

Step 1: Swim 100 yards

Rest 5 minutes

Swim 100 yards

Step 2: Swim 100 yards

Rest 5 minutes

Swim 100 yards

Rest 10 minutes

Swim 100 yards

Step 3: Swim 150 yards
Rest 10 minutes
Swim 150 yards
Step 4: Swim 300 yards

300 to 600 YARD STAGE

Step 1: Swim 300 yards
Step 2: Swim 300 yards
Rest 10 minutes
Swim 100 yards
Step 3: Swim 300 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Step 4: Swim 300 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Step 5: Swim 600 yards

600 to 1000 YARD STAGE

Step 1: Swim 600 yards
Step 2: Swim 600 yards
Rest 10 minutes
Swim 100 yards
Step 3: Swim 600 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Step 4: Swim 600 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Step 5: Swim 600 yards
Rest 5 minutes
Swim 100 yards

Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Step 6: Swim 1000 yards

Continue dry-land rehabilitation 2-3x/week

Focus on one stroke at a time. When second stroke is incorporated, begin at first stage. Return to team practice when all strokes can be performed for 1000 yards with increased speed and only if swimmer is completely pain-free.