

# Common Swimming Injuries

## Training Tips

## Treatment & Rehab

## Common Causes

## Signs & Symptoms

### SWIMMER'S SHOULDER

- Pain in front and back of shoulder
- Pain down arm or up to neck
- Painful arc of movement
- Pain sleeping on side
- Pain with swimming

- Manual therapy for pain reduction and to improve mobility
- RICE, strapping
- Stretch tight shoulder structures
- Improve upper back mobility
- Strengthen shoulder blade and weak shoulder muscles
- Posture correction, lifestyle changes (computer work etc.)

- Monitor mileage and intensity, gradual progression
- Avoid excessive use of paddles and kickboard
- Stroke correction: flat hand entry, don't cross the midline, high elbow recovery and pull through, body roll
- Use fins to offload shoulder
- Use other strokes, cross train
- Improve kicking power

### BREAST-STROKER'S KNEE

- Pain inner side of the knee
- Swelling
- Very sensitive to touch
- Stiffness

- RICE, strapping
- Soft tissue work, massage and joint mobilisation
- Strengthen thigh muscles and hips, buttock muscles.
- Stretch hip joint
- Improve ankle flexibility

- Avoid kicking sets
- Warm up adequately
- Breaststroke pull sets to rest knee
- Narrower kick

### NECK PAIN

- General dull ache across/around neck
- Sharp poking pain
- Headache
- Stiffness
- Pain on specific movements

- Spine mobilisation or manipulation, dry needling, massage, heat
- Strengthen deep neck muscles
- Stretch tight muscles
- Posture correction and change in ergonomics

- Stroke correction: body alignment in water, body roll, bilateral breathing, good undulation
- Avoid excessive use of kick board

### BACK PAIN

- Dull ache across lower back
- Sharp pain at specific level
- Stiffness
- Referred pain into buttocks and leg
- Pain with certain movements or activities

- Spine mobilisation or manipulation, dry needling, massage, heat
- Strengthen core muscles and muscles of pelvis – buttocks and hips.
- Stretch upper back and hips
- Make changes to work/school/home to correct posture

- Avoid excessive use of kick board
- Stroke correction: body roll, good undulation, better rhythm, improve power in pull and kick for breaststroke and butterfly

### MUSCLE CRAMP

- Sudden unexpected sharp pain
- Debilitating
- Stiff, tight muscle

- Tight hips, and upper back
- Poor posture, excessive sitting, lifting etc
- Fatigue
- Muscle in a semi contracted, or tense position for prolonged period

- Variety through session, change routines and strokes
- Relax legs while kicking
- Conditioning to avoid fatigue
- Avoid doing a heavy leg strengthening session immediately prior to a swim session

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