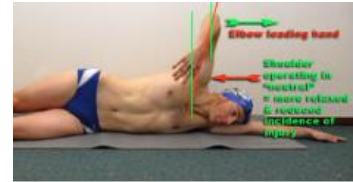


How to avoid and fix swimming shoulder injury

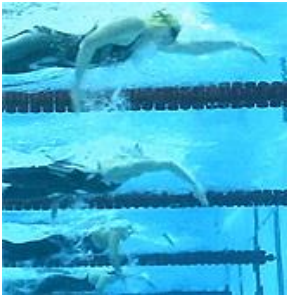
4 simple tips which will fix 9 out of 10 swimming related shoulder injuries

1. Body Rotation

Developing a good, symmetrical body rotation through the development of an efficient bilateral breathing pattern is key to removing shoulder injury.



Good body rotation.



2. Hand Placement

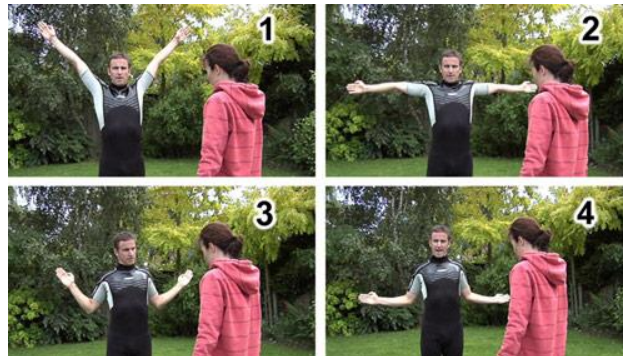
Instead of entering thumb first, change your technique to enter with a flat hand facing the bottom of the pool, finger tips first.

400m Women's Final -Beijing.
All swimmers using flat hand entries.

3. Swimming Posture

To start to introduce better posture while you swim, think "shoulders back, chest forward".

Improved alignment and posture means that the power of the pull phase is dramatically improved because you are now applying propulsion straight backwards, the direction that will send you forward as efficiently as possible - great technique!



The YTWL exercise is great for tuning into better posture.

4. Catch and Pull Through

Working to develop a high elbow catch technique with enhanced swimming posture will really help you utilise the larger, more powerful muscle groups of your chest and upper back, rather than rely upon the shoulders.



Paul Newsome demonstrates a high elbow catch and pull technique.