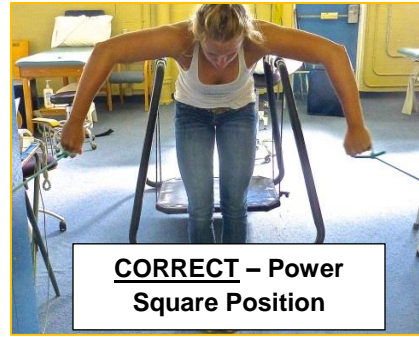
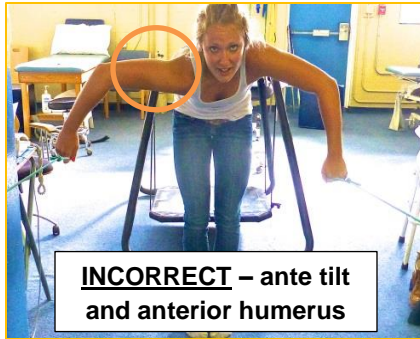




## Swimmers' Scapular Re-Education Program

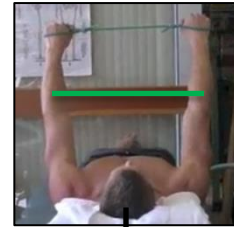


This muscle re-education program is designed to improve dynamic control of the shoulder blades to optimize movement. Exercises should be performed in a smooth, controlled and precise manner with emphasis on perfect movement. Initial goal should be 3 sets of 12 reps with the ultimate goal of 3 sets of 20 reps, if form is deteriorating stop and rest.  
**Focus on – pain free, smooth movements; power square form; no ante-tilt**

### 1. Basic Band Drills

#### **Instructions:**

- Keeping arms straight, separate tubing with smooth controlled motion in three zones (4 exercises total):
  - a) Diaphragm
  - b) Shoulder
  - c) Forehead
  - d) Transition from diaphragm to forehead and forehead to diaphragm



### 2. Hockey Stick Isometrics Wide and Narrow

#### **Instructions:**

- Light resistance by a partner at
  - a) Diaphragm
  - b) Shoulder
  - c) Forehead
- Emphasize small, controlled motions
- 5-10 seconds in each zone
- Complete drill with arms in narrow and wide positions

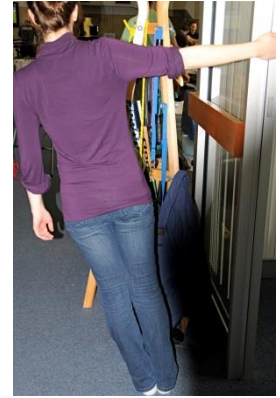




### 3. Anterior Chest Stretch

**Instructions:**

- Use the corner of a door frame
- Hold door frame with feet close to the door and lean out in a controlled manner
- Keep shoulder and arm in line with each other
- Do not let the shoulder roll forward
- Hold for 30 seconds at different angles



### 4. Prone Series of 3

**Instructions:**

- Start lying on stomach with hands on bum, palms up. Reach for feet, lifting head and chest off bed: Set scapula, **hands must stay in contact with body**.
- Take tension off by lowering arms slightly then bring arms up to shoulder height (“T” position) with thumbs pointing forward. Squeeze shoulder blades together.
- Release tension and bring arms overhead to streamline.
- Relax and return to start position

**\*\*Throughout drill ensure neck is in neutral – “look towards the bottom of the pool” \*\***





## 5. Thoracic Spine Dowel or Towel Rotation

### Instructions:

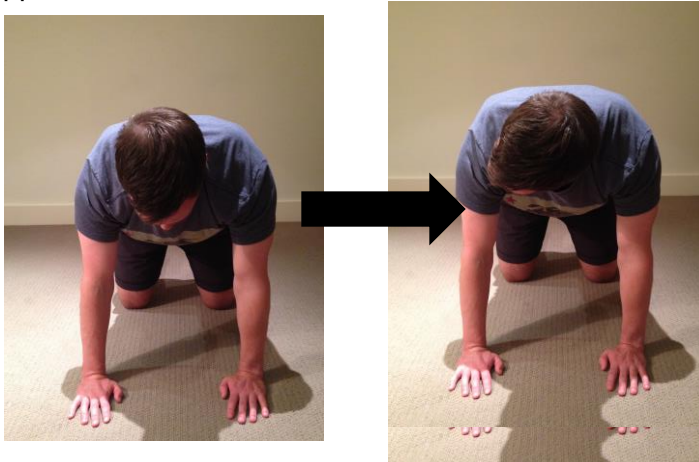
- In low kneeling position (heels resting on bum), hold dowel overhead with arms active and straight
- Rotate to one side with minimal hip movement and arms not passing the face.
- Return to middle and repeat in opposite direction



## 6. 4-Point Neck Rotations

### Instructions:

- Start in a 4 point kneeling position.
- Engage shoulder blades (flat upper back) and lift head up in line with spine.
- Tuck chin gently – nose should be parallel to the floor
- Keep chin tucked and rotate head in one direction. Return to middle and repeat in opposite direction
- Progression – Lift arm up to 90 degrees, hold posture and rotate looking away from the arm. Repeat with opposite arm and head rotation

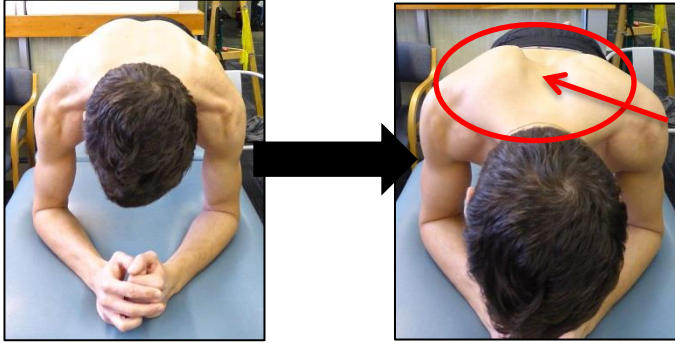




## 7. Scapular Push up +/- stroke motion or leg lift

### Instructions:

- Start in plank position. Ensure shoulder blades are engaged and flat against the back
- Keeping hips and neck stable, bring the shoulder blades together
- Push back up to flat position and repeat



- Progression Options - Maintain plank:
  - Lift one leg up with no pelvis drop or shoulder sag
  - Lift one arm overhead in stroke motion

