

Common Swimming Injuries

CHEAT SHEET



	Signs & Symptoms	Common Causes	Treatment & Rehab	Training Tips
SWIMMER'S SHOULDER	<ul style="list-style-type: none"> ● 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 	<ul style="list-style-type: none"> ● Poor stroke technique ● Weak components in shoulder complex ● Poor posture ● Stiff upper back ● Lack of shoulder blade stability ● Overuse 	<ul style="list-style-type: none"> ● 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.) 	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● Pain inner side of the knee ● Swelling ● Very sensitive to touch ● Stiffness 	<ul style="list-style-type: none"> ● Weak muscles around hip and buttocks ● Wide kick ● Stiff ankles 	<ul style="list-style-type: none"> ● RICE, strapping ● Soft tissue work, massage and joint mobilisation ● Strengthen thigh muscles and hips, buttock muscles. ● Stretch hip joint ● Improve ankle flexibility 	<ul style="list-style-type: none"> ● Avoid kicking sets ● Warm up adequately ● Breaststroke pull sets to rest knee ● Narrower kick
NECK PAIN	<ul style="list-style-type: none"> ● General dull ache across/ around neck ● Sharp poking pain ● Headache ● Stiffness ● Pain on specific movements 	<ul style="list-style-type: none"> ● Poor technique all strokes ● Poor posture – chin forward ● Weak shoulder muscles ● Weak stabilising muscles front of the neck 	<ul style="list-style-type: none"> ● Spine mobilisation or manipulation, dry needling, massage, heat ● Strengthen deep neck muscles ● Stretch tight muscles ● Posture correction and change in ergonomics 	<ul style="list-style-type: none"> ● Stroke correction: body alignment in water, body roll, bilateral breathing, good undulation ● Avoid excessive use of kick board
BACK PAIN	<ul style="list-style-type: none"> ● Dull ache across lower back ● Sharp pain at specific level ● Stiffness ● Referred pain into buttocks and leg ● Pain with certain movements or activities 	<ul style="list-style-type: none"> ● Poor technique all strokes ● Weak core ● Weak gluteus and hip muscles 	<ul style="list-style-type: none"> ● 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 	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● Sudden unexpected sharp pain ● Debilitating ● Stiff, tight muscle 	<ul style="list-style-type: none"> ● Tight hips, and upper back ● Poor posture, excessive sitting, lifting etc ● Fatigue ● Muscle in a semi contracted, or tense position for prolonged period 	<ul style="list-style-type: none"> ● Stretch ● Massage ● Heat 	<ul style="list-style-type: none"> ● 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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