
SWIMMER SHOULDER PROGRESSION PROGRAM

This program is applicable for athletes who have had a period of “shut down” from upper body “arm” sets who need to gradually increase swimming endurance and strength to prevent recurrence during the recovery period. It is typically reasonable to have been performing kick sets during the shut-down period, this will ensure that overall cardiopulmonary endurance is maintained.

-The athlete should continue their scapular strengthening every other day and warm-up with their prescribed home work-outs which may include posterior capsular stretching, hamstring stretching, shoulder and elbow range of motion.

-This progression is intended to be used in a step-wise and pain dependent manner. If at any time the athlete begins having shoulder or elbow pain, they should stop the progression for a week(perform kick-sets only) and then resume at the prior step.

-Some athletes have exacerbation of shoulder pain during kick-sets while they are using a kick-board. If this occurs, perform kick-sets only in stream-line position.

*No full butterfly during weeks 1 or 2.

Week 1

-Mon/Wed/Fri: Perform swim sets (using arms) at warm-up pace for 500 yards (13 and under) or 1000 yards (14+). Perform the rest of the practice doing kick-sets only

-Ok to do kick-sets the rest of the week as long as you have been doing this during the period of active rest leading up to the progression. If not, only do kick sets on Mon/Wed/Fri along with the full swim sets.

Week 2

-Mon-Friday: Perform swim sets (using arms) at warm-up pace for 500 yards (13 and under) or 1000 yards (14+). Perform the rest of the practice doing kick-sets only.

-Ok to start Butterfly technique work.

Week 3

-Mon/Wed/Fri: Perform swim sets after age appropriate warm-up. Ok to perform the full practice at normal pace (using arms) on these days for a maximum of 2000 yards, followed by kick sets.

-Tues/Thurs/Sat: Perform swim sets (using arms) at warm-up pace for 500 yards (13 and under) or 1000 yards (14+). Perform the rest of the practice doing kick-sets only.

-Ok to perform full butterfly at warm-up pace.

-No race pace sprints.

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Week 4

-Monday-Saturday: Perform swim sets after age appropriate warm-up. Ok to perform the full practice at normal pace (using arms) on these days for a maximum of 2500 yards, followed by kick sets.

-Ok to perform butterfly at full practice pace.

-Ok to perform race-pace sprints.

Week 5

-Return to full activity.

-Ok to reinitiate paddle work.