

# Common Swimming Injuries

## CHEAT SHEET

|                              | Signs & Symptoms                                                                                                                                                                                                                       | Common Causes                                                                                                                                                                                                                   | Treatment & Rehab                                                                                                                                                                                                                                                                                                                                     | Training Tips                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SWIMMER'S SHOULDER</b>    | <ul style="list-style-type: none"> <li>Pain in front and back of shoulder</li> <li>Pain down arm or up to neck</li> <li>Painful arc of movement</li> <li>Pain sleeping on side</li> <li>Pain with swimming</li> </ul>                  | <ul style="list-style-type: none"> <li>Poor stroke technique</li> <li>Weak components in shoulder complex</li> <li>Poor posture</li> <li>Stiff upper back</li> <li>Lack of shoulder blade stability</li> <li>Overuse</li> </ul> | <ul style="list-style-type: none"> <li>Manual therapy for pain reduction and to improve mobility</li> <li>RICE, strapping</li> <li>Stretch tight shoulder structures</li> <li>Improve upper back mobility</li> <li>Strengthen shoulder blade and weak shoulder muscles</li> <li>Posture correction, lifestyle changes (computer work etc.)</li> </ul> | <ul style="list-style-type: none"> <li>Monitor mileage and intensity, gradual progression</li> <li>Avoid excessive use of paddles and kickboard</li> <li>Stroke correction: flat hand entry, don't cross the midline, high elbow recovery and pull through, body roll</li> <li>Use fins to offload shoulder</li> <li>Use other strokes, cross train</li> <li>Improve kicking power</li> </ul> |
| <b>BREAST-STROKER'S KNEE</b> | <ul style="list-style-type: none"> <li>Pain inner side of the knee</li> <li>Swelling</li> <li>Very sensitive to touch</li> <li>Stiffness</li> </ul>                                                                                    | <ul style="list-style-type: none"> <li>Weak muscles around hip and buttocks</li> <li>Wide kick</li> <li>Stiff ankles</li> </ul>                                                                                                 | <ul style="list-style-type: none"> <li>RICE, strapping</li> <li>Soft tissue work, massage and joint mobilisation</li> <li>Strengthen thigh muscles and hips, buttock muscles.</li> <li>Stretch hip joint</li> <li>Improve ankle flexibility</li> </ul>                                                                                                | <ul style="list-style-type: none"> <li>Avoid kicking sets</li> <li>Warm up adequately</li> <li>Breaststroke pull sets to rest knee</li> <li>Narrower kick</li> </ul>                                                                                                                                                                                                                          |
| <b>NECK PAIN</b>             | <ul style="list-style-type: none"> <li>General dull ache across/around neck</li> <li>Sharp poking pain</li> <li>Headache</li> <li>Stiffness</li> <li>Pain on specific movements</li> </ul>                                             | <ul style="list-style-type: none"> <li>Poor technique all strokes</li> <li>Poor posture – chin forward</li> <li>Weak shoulder muscles</li> <li>Weak stabilising muscles front of the neck</li> </ul>                            | <ul style="list-style-type: none"> <li>Spine mobilisation or manipulation, dry needling, massage, heat</li> <li>Strengthen deep neck muscles</li> <li>Stretch tight muscles</li> <li>Posture correction and change in ergonomics</li> </ul>                                                                                                           | <ul style="list-style-type: none"> <li>Stroke correction: body alignment in water, body roll, bilateral breathing, good undulation</li> <li>Avoid excessive use of kick board</li> </ul>                                                                                                                                                                                                      |
| <b>BACK PAIN</b>             | <ul style="list-style-type: none"> <li>Dull ache across lower back</li> <li>Sharp pain at specific level</li> <li>Stiffness</li> <li>Referred pain into buttocks and leg</li> <li>Pain with certain movements or activities</li> </ul> | <ul style="list-style-type: none"> <li>Poor technique all strokes</li> <li>Weak core</li> <li>Weak gluteus and hip muscles</li> </ul>                                                                                           | <ul style="list-style-type: none"> <li>Spine mobilisation or manipulation, dry needling, massage, heat</li> <li>Strengthen core muscles and muscles of pelvis – buttocks and hips.</li> <li>Stretch upper back and hips</li> <li>Make changes to work/school/home to correct posture</li> </ul>                                                       | <ul style="list-style-type: none"> <li>Avoid excessive use of kick board</li> <li>Stroke correction: body roll, good undulation, better rhythm, improve power in pull and kick for breaststroke and butterfly</li> </ul>                                                                                                                                                                      |
| <b>MUSCLE CRAMP</b>          | <ul style="list-style-type: none"> <li>Sudden unexpected sharp pain</li> </ul>                                                                                                                                                         | <ul style="list-style-type: none"> <li>Tight hips, and upper back</li> <li>Poor posture, excessive</li> </ul>                                                                                                                   | <ul style="list-style-type: none"> <li>Stretch</li> <li>Massage</li> </ul>                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>Variety through session, change routines and strokes</li> </ul>                                                                                                                                                                                                                                                                                        |

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