

June's Gym



SWIMMING SPORTS MEDICINE: PREVENTION TO PILATES

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When to see a sports Doctor or Sports Physical Therapist:
SWELLING OR DISCOLORATION... WITHIN 48 HOURS OR SOONER
SORENESS... IN 4 to 7 DAYS IF... Not improving with the following:
IMMEDIATE CARE for all injuries:

1. ICE:

SWOLLEN: ICE I for Ice... 20 Minutes 1x/hour or until no swelling
C for Compression
E for Elevation

SORE: ICE Ice Bag for 20 Minutes or Ice Massage for 10 Minutes
2x/Day minimum... 1x/Hour maximum

2. ANTI-INFLAMMATORY:

Aspirin, Ibuprofen, or other Non-Steroidal
Taken after practice & before bed with food... Check with doctor for dosage

3. ACTIVE REST:

Listen to your body & do whatever is pain free... don't be ignorant...
be smart

FOR the SHOULDER

Strokes from "easy to hard": Breast, Back, Free, Fly

Use Fins or fist gloves, No Hand Paddles

Kicking: no kick board or elbows off edge

Technique: Posture-Line-Balance, , Roll on Long Axis, &
Bilateral Breath

FOR the KNEE

Strokes from "easy to hard": Free, Back, Fly, Breast

Technique: Kick from core of Abs & Hip Rotators

SHOULDER Injuries:

1. DIAGNOSIS: Involves inflammation of Rotator Cuff &/or Biceps tendons,
&/or a loose shoulder

Impingement Syndrome, Subluxating Shoulder, Bursitis,
Tendonitis

2. PREHAB/REHAB BASICS

STRENGTHEN Rotator Cuff, Long Head of the Biceps,
Shoulder Blade Stabilizers, & Abs

STRETCH the front of the shoulder, Latts, & Upper Trapezius

POSTURE: Do Core strengthening with SWIMALATES

KNEE Injuries:

1. **DIAGNOSIS:** Breastrokers knee or sore knees involves inflammation around the kneecap
Chondromalacia, Subluxating Patella=loose kneecaps
2. **PREHAB/REHAB BASICS**
STRENGTHEN the Quadrecepts, especiall the VMO, & the Hip Rotators
STRETCH the Hamstrings
POSTURE: Avoid hyper extended knees in standing
Do Core strengthening with SWIMALATES

SWIMMING SPORTS MEDICINE: PREVENTION TO PILATES PRACTICAL

BRING: MAT, BATH TOWEL,

WEAR: EXERCISE CLOTHING(YOGA TYPE PREFERRED), NO SHOES

EQUIPMENT: OPTIONAL:

1. 6 inch diameter by 3 feet long FOAM ROLL
2. VERY thin EXERCISE TUBING about 5-6 feet long
I will have a limited supply at \$2.00 US DOLLAR a piece
3. Thick (~3/4 inch diameter) ROPE 5-6 feet long

The PRACTICAL will last about 30 minutes

Following the 20-30 minute lecture

To purchase the SWIMMERS' SHOULDER: PREHAB/REHAB as well as SWIMALATES: Pilates for Swimmers DVD go to www.ChampOnline.com

I will bring a limited supply for purchase at \$35.00 US Dollar a DVD

Richard Quick has 8 DVD's starting with POSTURE-LINE-BALANCE...

Again all DVDs can be purchased at www.ChampOnline.com

We will bring a limited supply for purchase at \$35.00 US Dollar a DVD