Return to Swimming Protocol

Dry-Land Rehabilitation

PHASE ONE: 0-2 weeks
→ Establish stable base and strengthen rotator cuff
UBE
Scapular squeezes – upper and low trapezius
Sleeper stretch – posterior deltoid
Chin tucks – scalenes/deep anterior cervical musculature
T band ER/IR – rotator cuff
Isometric supermans – thoracic/lumbar musculature
Pectoral stretch on foam roller
Thoracic mobilizations

PHASE TWO: 2-4 weeks
→ Strengthening exercises in 0-90 degrees ROM
T band rows – latissimus dorsi/rhomboids
Serratus punches and wall push-up plus – serratus anterior
Y’s, W’s, T’s – middle deltoid/rhomboids/lower trapezius
SLER – infraspinatus/teres minor
T band Scaption with scapula squeezes – lower trapezius/subscapularis
Dumbbell Shrugs – upper trapezius

PHASE THREE: 4-6 weeks
→ Functional training to include core and lower extremity strengthening
Lat pull down – latissimus dorsi
D1 – posterior deltoid/subscapularis
Chest flies – pectoralis major
Dumbbell one arm row – rhomboids/posterior deltoid
Smith press push-ups – serratus anterior
Medicine ball chops – serratus anterior
Cable reverse fly – rhomboids/posterior deltoid
High pulls – upper trapezius
Prone HAB with ER – lower trapezius
Abdominal Planks – core strength
PHASE FOUR: week 6 – return to swimming

→ Progressive return to swimming
Power shrugs – core/upper trap
Cable upright row – upper trap
Cable high to low chops – serratus anterior
Supine dumbbell pullovers – serratus anterior
Seated cable row - rhomboids
Incline bench press – pectoralis major/minor
Dumbbell lateral raises – middle deltoid
Barbell push-press – quadriceps/gluteus maximus/deltoid
Power rope circuit – core stability/upper body strength
Lower body strengthening program

Initiate interval swimming program only when swimmer has full pain-free range of motion and full strength of glenohumeral and scapulothoracic muscles.

**Return to the Pool**

Progressive return to swimming is vital. Yardage and frequency of workouts should be adjusted to each individual. Prior to beginning this program a starting point of yardage should be determined based on the average daily yardage performed before the injury. A good place to start is a 1000-yard swim of any stroke in order to for the swimmer to “feel the water” and gain confidence. Any increase in pain or discomfort throughout this program warrants re-evaluation of stroke mechanics and a decrease in yardage by 500 to 1000 yards per practice until swimmer is pain-free.

Stroke progression: breast → crawl → back → butterfly

Initial focus is on proper technique. Begin with slow cadence and increase speed as tolerated. Increase rest time between laps by 5-10 minutes as yardage increases.

Recommended initial frequency is 3x/week with a rest day between each session. Begin back-to-back sessions 4x/week followed by 5x/week followed by 6x/week every 2 weeks as long as swimmer is pain-free.

**100 to 300 YARD STAGE**

Step 1: Swim 100 yards
   Rest 5 minutes
   Swim 100 yards
Step 2: Swim 100 yards
   Rest 5 minutes
   Swim 100 yards
   Rest 10 minutes
Swim 100 yards
Step 3: Swim 150 yards
   Rest 10 minutes
   Swim 150 yards
Step 4: Swim 300 yards

300 to 600 YARD STAGE
Step 1: Swim 300 yards
Step 2: Swim 300 yards
   Rest 10 minutes
   Swim 100 yards
Step 3: Swim 300 yards
   Rest 5 minutes
   Swim 100 yards
   Rest 5 minutes
   Swim 100 yards
Step 4: Swim 300 yards
   Rest 5 minutes
   Swim 100 yards
   Rest 5 minutes
   Swim 100 yards
Step 5: Swim 600 yards

600 to 1000 YARD STAGE
Step 1: Swim 600 yards
Step 2: Swim 600 yards
   Rest 10 minutes
   Swim 100 yards
Step 3: Swim 600 yards
   Rest 5 minutes
   Swim 100 yards
   Rest 5 minutes
   Swim 100 yards
Step 4: Swim 600 yards
   Rest 5 minutes
   Swim 100 yards
   Rest 5 minutes
   Swim 100 yards
Step 5: Swim 600 yards
   Rest 5 minutes
   Swim 100 yards
   Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Step 6: Swim 1000 yards

Continue dry-land rehabilitation 2-3x/week

Focus on one stroke at a time. When second stroke is incorporated, begin at first stage. Return to team practice when all strokes can be performed for 1000 yards with increased speed and only if swimmer is completely pain-free.