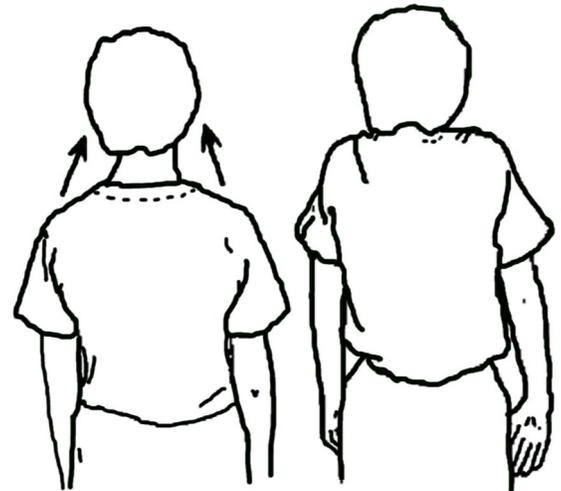


Swimmer Shoulder Stretches & Exercises

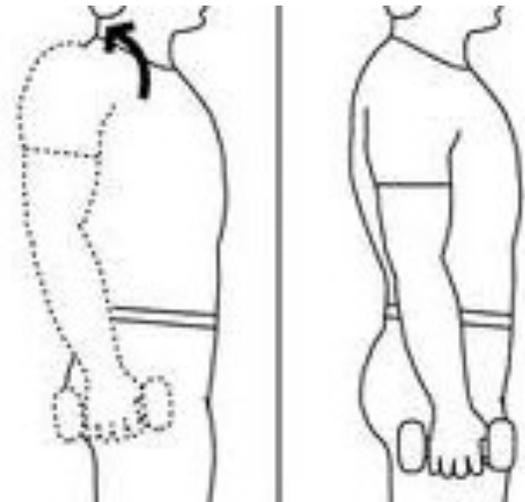
Shoulder Shrugs Stretch

Swimmer starts standing in a good posture. Raise shoulders up and rotate them in a circular motion from front to rear while inhaling at the beginning and exhaling at the end of each repetition. Move them as high and as low as you can.



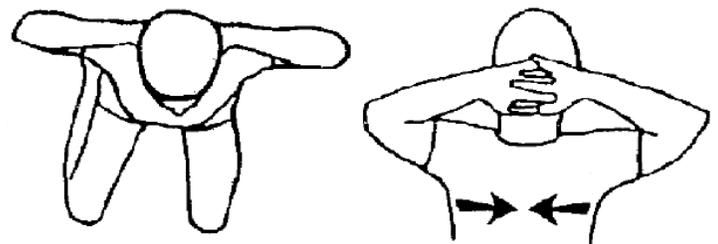
Shoulder Shrugs Exercise with Dumbbell

Swimmer starts standing in a good posture, holding dumbbells in each hand at arms' length. Raise shoulders up and rotate them in a circular motion from front to rear while inhaling at the beginning and exhaling at the end of each repetition. Move them as high and as low as you can.



Shoulder Blade Pinch

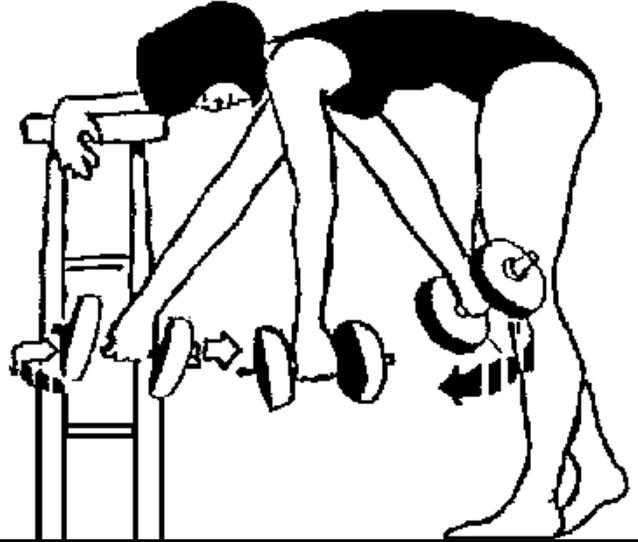
Pull your shoulder blades together to stretch the upper back area and the shoulders. Hold 2-3 seconds and then release.



Swimmer Shoulder Stretches & Exercises

Shoulder Traction Exercise

Swimmer rests upper body on stool or counter. Holding a 6lb weight (1 Gallon milk jug 3/4 full) in hand with arm fully extended and relaxed. Swing arm in large circular movements (clockwise & counter-clockwise). Swing forward and backwards. Swing across body and out to the side.

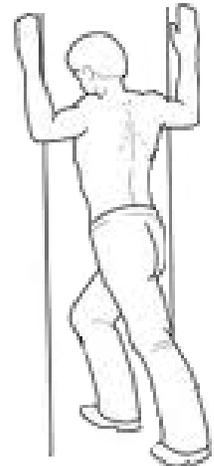


Door Way Stretch

Lean into door way with arms out at side (45 & 90 degrees at elbow) to stretch chest and shoulders.



45 Degrees at Elbow



90 Degrees at Elbow

One Arm Wall Shoulder Stretch

Step 1: Raise one arm above your shoulder and reach as high up on the wall as possible. Press that side's armpit, hip and foot against the wall.

Step 2: With opposite hand, gently pull down the shoulder of the arm that is on the wall. Slightly bend knee that is closest to the wall and rotate body to and from the wall to stretch deeply into the shoulder.

Hold each stretch 3-5 seconds. Repeat on both sides 3-5 times.



Step 1

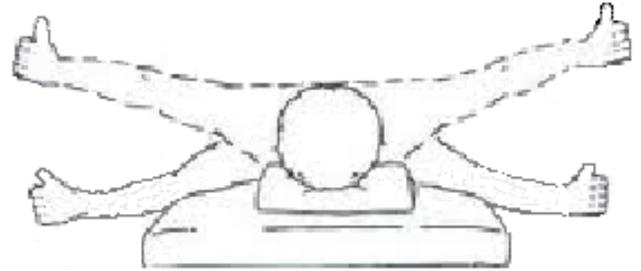


Step 2

Swimmer Shoulder Stretches & Exercises

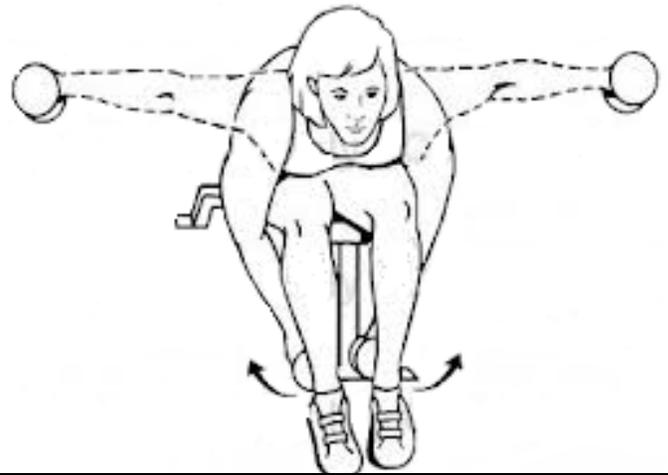
Mid-Trap Exercise

Swimmer should lie on the floor on their stomach with a pillow placed underneath the chest. Placing the arms straight out to the side, elbows straight and thumbs pointed towards the ceiling. Swimmer should raise arms toward ceiling as they squeeze their shoulder blades together. Return slowly to starting position.



Seated Bent Over Rear Deltoid Raise

Swimmer should sit at the end of a bench with their feet firmly on the floor and close together while bending forward until their chest nearly touching their legs. With elbows locked, swimmer should then raise their arm, in a semi-circular motion until they are parallel to the floor and even with their ears. Lower the dumbbells back down using the same path.



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Participants should understand that when starting and engaging in any exercise program, there is possibility of physical injury. If you engage in this exercise or exercise program, participants agree that they do so at their own risk, are voluntarily participating in these activities, assume all risk to themselves and agree to release and discharge Heresco Chiropractic from any and all claims or causes of action, known or unknown, arising out of Heresco Chiropractic's negligence.