

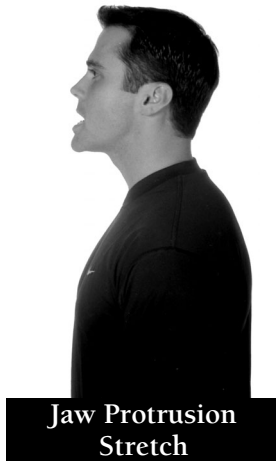
STRETCHING FOR SWIMMING

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Open Mouth Stretch



Jaw Protrusion Stretch



Side of Neck Stretch



Back of Neck Stretch



Front of Neck Stretch



Back of Shoulder Stretch



Tricep Stretch



Shoulder/Rotator Cuff Stretch



Top/Front of Shoulder Stretch



Top/Back of Shoulder Stretch



Lower Chest Stretch



Upper Chest Stretch

Most Common Injuries: Shoulder (rotator cuff) strain; neck stiffness; neck nerve irritation



Wrist Extension Stretch



Wrist Flexion Stretch



Thigh Stretch



Hip Flexor Stretch



Inner Thigh Stretch



Standing Shin/Ankle Stretch



Outer Calf Stretch



Outer Ankle Stretch



Inner Ankle Stretch



Lower Back/Buttock Stretch



Supine Groin Stretch

“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”

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