

## Self-Checks

Self – Check exercises should be checked each session pre- and post-pool

1-3 repetitions of each exercise should be performed to assess the feel and range movement

<p><b>1 Latissimus dorsi stretch</b></p>  <p>Lie on your back with your knees bent. Back flat on the floor.</p> <p>Place your hands on top of each other and bring your arms up over your head to the floor.</p>  <p>Keep the arms straight and check how far from the floor you get your hands.</p>	<p><b>2 Shoulder internal rotation stretch</b></p>  <p>Lie on your back with the arm at 90 degrees from the body and the elbow flexed.</p> <p>Engage the shoulder blade muscles at the back to prevent the shoulder of the moving arm rolling forwards.</p>  <p>Put the opposite hand on top of the shoulder to monitor the position of the shoulder girdle.</p> <p>Internally rotate the arm by bringing your palm toward the floor.</p>
<p><b>3 Hamstring stretch</b></p>  <p>Lie on your back.</p> <p>Lift one leg and place both hands behind the thigh to hold the hip at 90 degrees flexion.</p>  <p>Straighten one knee as far as possible keeping the thigh stable.</p> <p>The toes should be pointed. Keeping the foot flat will add tension to the neural structures and change how far you can move.</p> <p>Repeat on the other side.</p>	<p><b>4 Combined elevation test</b></p>  <p>Lie on your stomach and extend your arms into streamline.</p> <p>There should be a shallow hollow in the lower back. Keep this stable by engaging the abdominal muscles.</p>  <p>Lift your arms as high as you can and then control the lowering back down.</p>
<p><b>5 Hip internal rotation stretch</b></p>  <p>Lie down on your stomach with your legs flexed at 90 degrees at the knees.</p> <p>Internally rotate the legs by lowering the feet toward the ground on the sides.</p>  <p>Keep the knees flexed to 90 degrees during the movement.</p>	<p><b>6 Hip flexor stretch</b></p>  <p>Kneel on one knee creating a 90 degree angle with the opposite hip and use a chair for support.</p> <p>Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch at the front of the hip of the leg you are kneeling on.</p>  <p>Maintain the position and check how it feels.</p> <p>Keep your upper body upright and your lower back flat (not arched).</p>
<p><b>7 Active trunk rotation</b></p>  <p>Use the open hands or clasped hands position as you are able. Ideally sit on a chair with your feet wider than shoulder width, otherwise cross-legged on the floor.</p> <p>Start with your hands extended out in front of you as shown.</p>  <p>Rotate your trunk round as far as you can to one side, keeping your arms straight.</p> <p>Eyes should follow your hands at all times.</p> <p>Rotate your hands back to the front and in a smooth motion continue to the opposite side.</p>	

The test exercises can be performed as a set of 10 to 15 repeated movements before training to enable the swimmer to be able to move through their normal range.

After swimming the end range position of the test exercise can be held for 10-30 seconds as a static stretch to regain any range that has been lost over the training session