

# Swimmers Posture



## Leaflet 3 - Resistance Band Exercises for Swimmers



By

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## Swimmers Posture

### Leaflet 3 - Resistance Band Exercises

The following resistance band exercises are designed to improve the strength of the muscles of the lower body. You should discuss the suitability of these exercises with your physiotherapist prior to beginning them. Generally, they should only be performed provided they do not cause or increase pain.

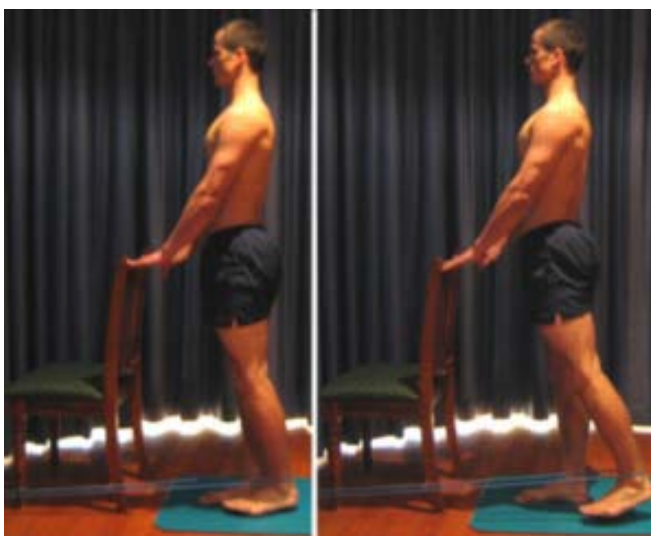
### **Resistance Band Exercises – Lower Body**

To begin with, the following resistance band exercises should be performed approximately 1 - 3 times per week provided they do not cause or increase pain. Ideally they should not be performed on consecutive days, to allow muscle recovery. As your strength improves, the resistance band exercises can be progressed by gradually increasing the repetitions, number of sets or resistance of the exercises provided they do not cause or increase pain.

#### **Hip Extension**

Begin this resistance band exercise standing at a bench or chair for balance and a resistance band around your ankle as demonstrated (figure 1). Keeping your back and knee straight, slowly take your leg backwards tightening your bottom muscles (gluteals). Perform 3 sets of 10 repetitions as far as possible provided it is pain free on each leg.

**Figure 1** – Hip Extension (left leg)



#### **Hip Abduction**

Begin this resistance band exercise standing at a bench or chair for balance and a resistance band around your ankle as demonstrated (figure 2). Keeping your back and knee straight, slowly take your leg to the side tightening the muscles at the side of your thigh / hip (gluteals). Perform 3 sets of 10 repetitions as far as possible provided it is pain free on each leg.

**Figure 2** – Hip Abduction (right leg)



### Hip Flexion

Begin this resistance band exercise standing at a bench or chair for balance and a resistance band around your ankle as demonstrated (figure 3). Keeping your back and knee straight, slowly take your leg forwards tightening the muscles at the front of your thigh / hip (hip flexors). Perform 3 sets of 10 repetitions as far as possible provided it is pain free on each leg.

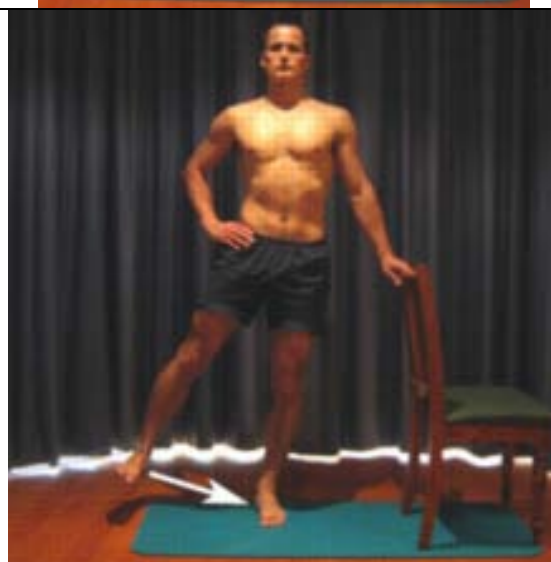
**Figure 3** – Hip Flexion (right leg)



### Hip Adduction

Begin this resistance band exercise standing at a bench or chair for balance and a resistance band around your ankle as demonstrated (figure 4). Keeping your back and knee straight, slowly take your leg inwards tightening the muscles in the inner thigh / groin (adductors). Perform 3 sets of 10 repetitions as far as possible provided it is pain free on each leg.

**Figure 4** – Hip Adduction (right leg)





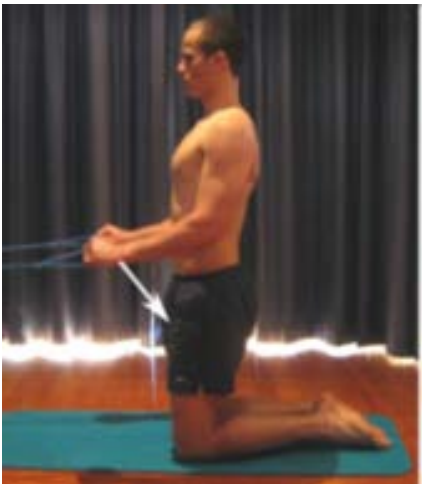
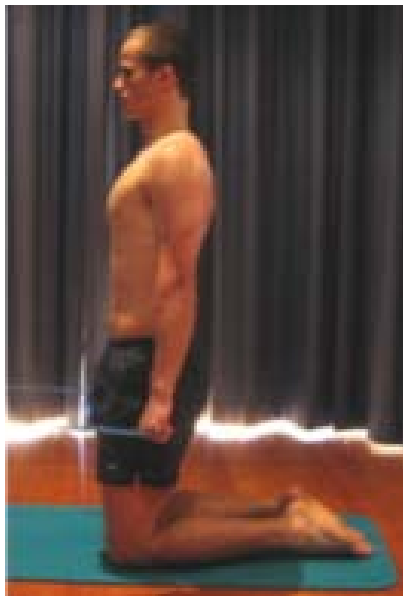
The following resistance band exercises are designed to improve the strength of the muscles of the upper body.

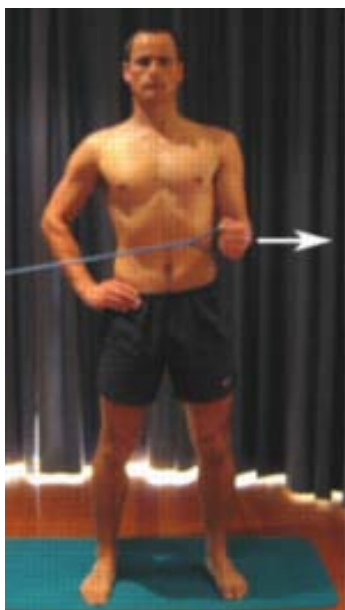
You should discuss the suitability of these exercises with your physiotherapist prior to beginning them. Generally, they should only be performed provided they do not cause or increase pain.

Begin by performing a few of the basic resistance band exercises. Once these are too easy, gradually add the remaining basic exercises and eventually the advanced exercises.

### Resistance Band Exercises – Basic Upper Body

The following basic resistance band exercises should be performed approximately 1 - 3 times per week provided they do not cause or increase pain. Ideally they should not be performed on consecutive days, to allow muscle recovery. As your strength improves, the exercises can be progressed by gradually increasing the repetitions, number of sets or resistance of the exercises provided they do not cause or increase pain.

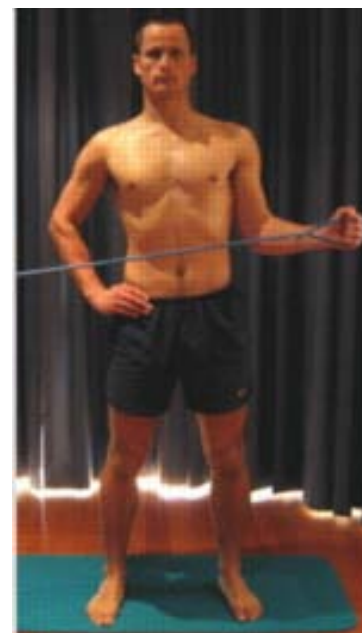
	<p style="text-align: center;"><b>Biceps Curl</b></p> <p>Begin this exercise with a resistance band under your feet and around your hands as demonstrated (figure 1). Your back and elbows should be straight. Slowly bend your elbows against the band tightening your biceps. Perform 3 sets of 10 repetitions as far as possible and comfortable without pain.</p> <p style="text-align: center;"><b>Figure 1 – Bicep Curl</b></p>	
	<p style="text-align: center;"><b>Triceps Extension</b></p> <p>Begin this exercise with a resistance band held in both hands and tied securely at waist height (or higher) as demonstrated (figure 2). Your elbows should begin bent. Keeping your back straight, slowly straighten your elbows against the band tightening the muscles at the back of your arm (triceps). Perform 3 sets of 10 repetitions as far as possible and comfortable without pain. (N.B. This exercise can also be performed in standing).</p> <p style="text-align: center;"><b>Figure 2 – Triceps Extension</b></p>	



### External Rotation

Begin this exercise standing with your back straight, shoulder blades back slightly and holding a resistance band as demonstrated (figure 3). Keeping your elbow at your side and bent to 90 degrees, slowly move your hand away from your body keeping your shoulder blade still. Perform 3 sets of 10 repetitions as far as possible provided it is pain free on each side.

**Figure 3** – External Rotation (left side)



### Internal Rotation

Begin this exercise standing with your back straight, shoulder blades back slightly and holding a resistance band as demonstrated (figure 4). Keeping your elbow at your side and bent to 90 degrees, slowly move your hand towards your body keeping your shoulder blade still. Perform 3 sets of 10 repetitions as far as possible provided it is pain free on each side.

**Figure 4** – Internal Rotation (right side)

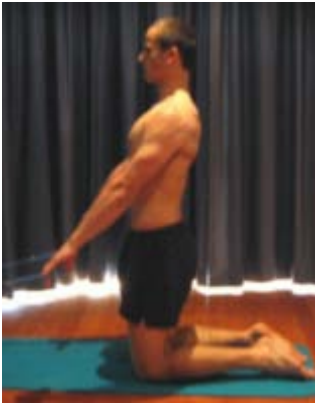


### Pull Backs

Begin this exercise in standing or kneeling with your back straight and holding a resistance band as demonstrated (figure 5). Slowly pull your arms backwards, squeezing your shoulder blades together as demonstrated. Hold for 2 seconds and return to the start position. Perform 3 sets of 10 repetitions provided it is pain free.

**Figure 5** – Pull Backs





### **Pull Downs**

Begin this exercise in standing or kneeling with your back straight and holding a resistance band as demonstrated (figure 6). Keeping your back and elbows straight, slowly pull the band to your hips as demonstrated. Perform 3 sets of 10 repetitions provided it is pain free.

**Figure 6 – Pull Downs**

