



Exmouth

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How to use your thera-band



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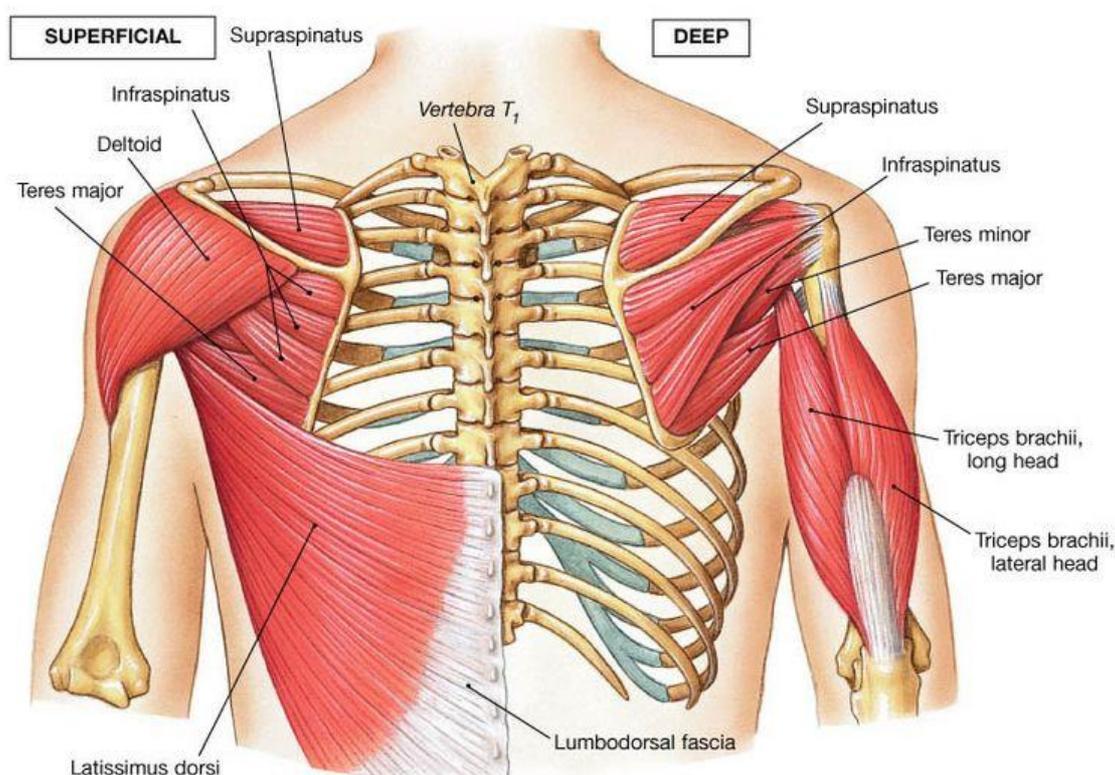
Prepared by David Hill, Paralympic Athlete / Mentor / Coach

Quick guide on the correct usage of your thera-band

Outlined below are 10 exercises that can be performed with your thera-band for swimming specific skills. You can practice these short exercises anywhere that you can loop the middle of your band.

The following exercises will really make you use all the small stabilising muscles around your shoulder and teach you to activate the correct and more powerful muscles to not only swim faster but more importantly to prevent you from future injuries. These exercises are based upon my experience and are to be performed with minimal loading. If you are unsure about anything that you read here please consult a physician before continuing. If you experience any pain, please stop immediately.

We are going to learn to engage the big muscle that is labelled at the bottom left of the diagram, the latissimus dorsi. Throughout all these exercises we want to relax the deltoid, and any muscle in the upper shoulders and neck. All exercises are to be performed slowly and controlled.



(b) Posterior view



Prepared by David Hill, Paralympic Athlete / Mentor / Coach

1) Standing straight-arm pull through

Here we are going to practice engaging your latissimus dorsi (lats), the large flat muscle both sides of your back under your shoulder blades. We are going to stop our shoulder blade from winging out and moving but tensing the lats. I want you to imagine that you are squeezing a tennis ball between your shoulder blades and trying to keep it there while performing this exercise. Stand with your palms facing back and roll those shoulders back. With one end of the theraband in each hand and the middle of the band fixed on round a pole/door handle, move yourself back with your hands at your hips until there is a good amount of tension. Then move both hands forward about 45 degrees, keeping those palms facing back. Then we are going to return to neutral and then push back neutral by 45 degrees also. Keeping thinking about that tennis ball and allow the arms to come forward again right past the hips and press back again. Repeat twice for 16 reps.





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2) Standing Triceps extend and press

Here we are going to practice engaging your lats, while bending the arm and to do this we are going to set up the exercise similar to the straight-arm pull through. So standing shoulder width apart, this exercise differs in that with we are going to stand

with your arms bend and elbows in at the side. Find a good tension on the band in this position. Now we are going to extend at the elbow and really feel our triceps working. From this position similar to that already performed we are simply going to push our arms behind our body, 45 degrees, just like we are going to exit our arms out of the water in butterfly. Bring the arms back inline with the hips before then bending the forearm arm and returning to the start position. Repeat twice for 16 reps.



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3) Bent over single arm - catch



Bending 90 degrees at the hip, flat your back off by pushing your bum out. Grab hold of each end of the band, one in each hand and I want you to hold the tension in the band in one hand while we focus on the other. This exercise is going to make you think about the first part of the propulsive phase of the stroke. We want to initiate the catch by placing our fingertips down and slightly bending the wrist. We are then looking for a really high elbow and a slight bend as the hand just feels the first part of the stroke. Its only a small movement and replicates a sculling motion that then puts you in the right position and sets you up for the pull phase of the stroke. Repeat twice for 12 reps on each arm.





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4) Bent over single arm - catch and pull

Here we are going to carry on into the second phase of the propulsive action after a momentary pause at the end of the catch. I want you to be really aware of the phases of the pull and the impact that one has on the success of the other.



So catch, pause, and then pull through, just to before the hip. Maintain that high elbow and bend at the elbow. At this point, keeping that shoulder relaxed and lats engaged, fire up your chest, as it's a big muscle that can help out in pulling your body through. Your deltoid is the small muscle out of pectoral and lats so let the big boys do the work. This exercise will really make you use all the small stabilising muscles that help keep your shoulder blade stable and



prevent you from future injuries. Repeat twice for 12 reps on each arm.



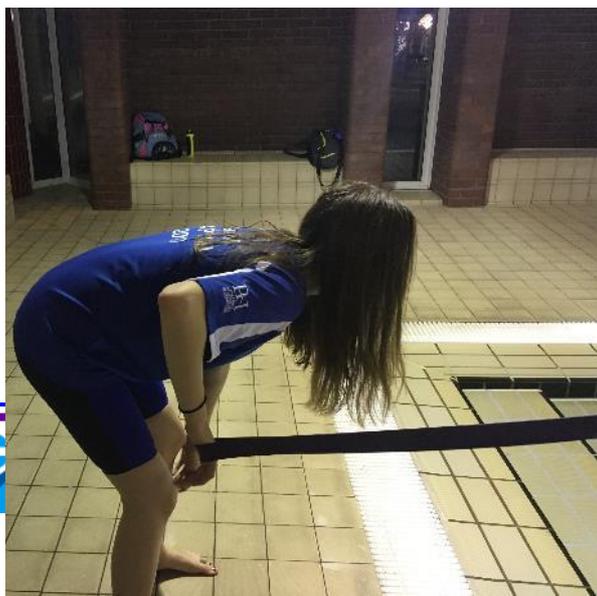
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5) Bent over single arm - catch, pull and push

Now its time to introduce the third and final phase to the underwater pull. So catch, slight pause, then pull, again pause for a split second before a powerful press at the back of the stroke, pushing past your hips. This would, when in the water, allow your



arm to the exit straight having utilised the whole of the propulsive phase. Really switch your tricep on when pushing back. Repeat twice for 12 reps on each arm.





Coach

6) Bent over single arm

Once you are happy with each of the 3 underwater phases, I want you to put them all together in a smooth and purposeful motion. Again, focus on just one arm at a time. You can perform this like a front-crawl pull so alternate one arm after the other. Remember keep squeezing your shoulder blades together the whole time, imaging you are trying to keep a pencil between the middle of your back. Repeat twice for 12 reps on each arm.

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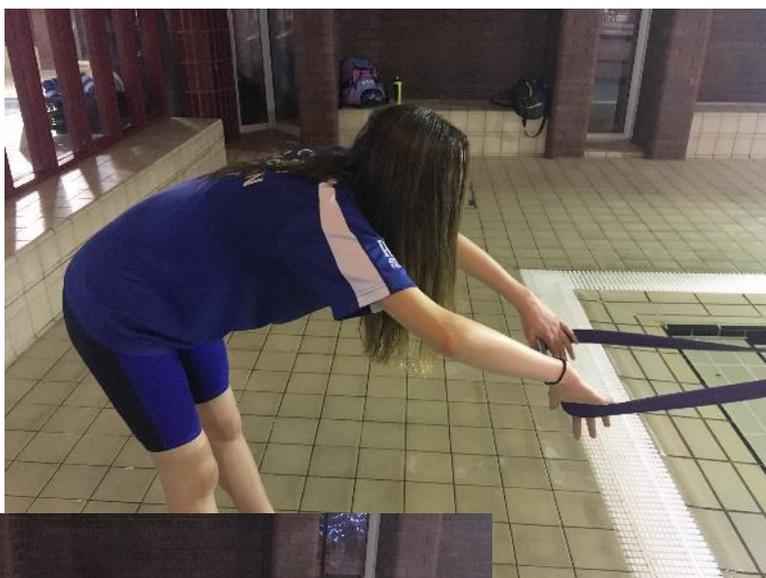




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7) Bent over Double arm

This is just like the bent over single arm but this exercise will more mimic the butterfly pull. So nice flat back, head down so your spine is in a neutral position and perform both arms together throughout the catch, pull and push. Recover body and for 16 reps.



under the
repeat twice



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8) Bent over scapular squeeze

In the bent over position we are going to have our arms extended out in front of us as far as you can reach. Get tension on the band in this position. This exercise is a small movement practicing drawing our shoulder blades in and then relaxing again. So, without bending your arms, I want you to think about bringing your elbows as close to your ears as possible. Then let your hands glide forward again like a double superman before repeating the exercise. Repeat twice for 16 reps.





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9) Standing single arm internal rotation

Standing with your elbow bend at 90 degrees and in to your body, hold the band still in the other hand and we are going to move our forearm so its in close to our body. While you do this its really important you do not let your shoulder/deltoid move or pop forward. Keep your lat switched on to set that lat back and concentrate on isolating the movement at the elbow. Allow the arm to then move away from the body again not letting it ping back under the assistance of the band. Repeat twice for 12 reps on each arm.



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10) Standing single arm external rotation

Standing with your elbow bend at 90 degrees and in to your body, hold the band still in the other hand and we are going to move our forearm so its going away from the body. Try to really squeeze at the end of your range, holding really good form and thinking about that shoulder blade. Again, control the movement back to the body, check your starting position and go again. Repeat twice for 12 reps on each arm.



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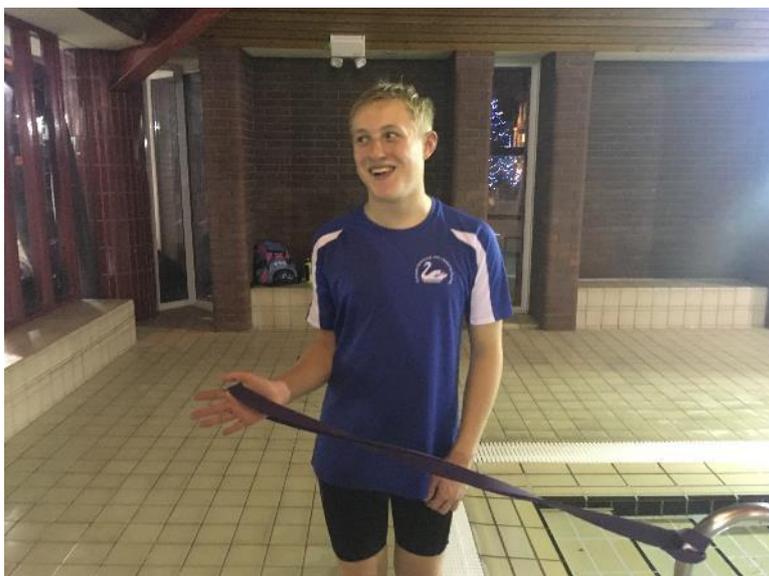
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