Common Stretches for Swimmers

1. **Front shoulder stretch**

   Clasp the hands behind your back and raise your arms. You should feel this stretch in the front of your shoulders. A simple shoulder blade squeeze will give you the same feeling and is an effective stretch while seated in your chair at work.

2. **Posterior cuff stretch** (upper back, shoulders, and arm)

   Grasp the opposite elbow and gently pull your arm across your body. Repeat with the other arm.

3. **Triceps stretch**

   Place the right hand behind the right shoulder. Pull back on the elbow with your left hand, relax, and then pull your elbow behind your head. Repeat with the other arm.

4. **Streamline stretch** (shoulder extension)

   Place your hands and forearms overhead head as high as possible. Place your right hand over your left, locking your left thumb around the edge of your right hand. All your fingers should be pointing up. Squeeze your ears firmly between your upper arms.

5. **Back and hip stretch**

   Sit with your legs in front of you. With your right leg bent, cross it over your left knee, and place your right sole on the floor. Next, push against the outside of your upper thigh with your left elbow just above the knee.

6. **Ankle and toe-point stretch**

   Sitting on the floor with knees bent, place your feet flat on the floor facing an object so that you can wedge your foot under. Once foot is wedged, scoot back, straightening your right leg until you feel your ankle stretching. Scoot back only until you feel moderate discomfort. Hold this position for several minutes. Repeat with the other foot.