

Injuries (and Prevention) for the Busy Swimmer

By Dan Lavin, Aquatics Director

While many people feel they know how to correctly perform their favorite workouts, many people neglect their form and sometimes find themselves over working muscle groups. While we all enjoy some workouts more than others, over-use of the same muscle groups can create problems that could take you out of the game for an extended amount of time.

For the serious athlete, sitting on the bench waiting for your body to heal can be very frustrating, considering how long it took to get to where you are. That's when proper technique and variety to workouts becomes valuable for the long haul

There are very few injuries affiliated with swimming, but like all physical exercise, going about it incorrectly, and doing too much can have its cost. Tendonitis of the shoulders or elbows is such an injury that swimmers may encounter. It is usually caused by improper technique, and/or over-use. Having a stroke review by one of our certified swimming instructors will help you swim faster and longer, allowing you to continue what you love to do with a reduced risk of injury.

Be sure to allow yourself ample time to warm-up, stretch, and ease into your workout. A good "cool down" is important too.

Our goal here at the Seattle Athletic Club, is to help you reach your goals, whatever that may be. If you have suffered an injury or are finding yourself with pain caused by your workout in the pool, the club has a wide variety of certified professionals that can help assess your situation and help you return to your beloved workout.

