

Swimming and Massage

By Tod Taylor, LMP

Latissimus Dorsi (Lats)

Attaches to the upper arm bone (humerus) and are a prime mover in swimming. Healthy, elastic Lats allow for a fuller reach and an easier overhead stroke.

Pectoralis Minor (Pecs)

Underneath the larger Pec Major, attaches to the front of the shoulder blade and helps to bring the arm down through the water. Massaging the Pec Major and Minor can help unstick fibers that get adhered between the two muscles, increasing flexibility and range of motion in the front of the shoulder.

Teres Major and Minor

The Teres Major and Minor are smaller muscles that line the back of the scapula with important tendons near the Lats. These guys tend to form trigger points (or knots) with a lot of use. Freeing up the muscles along the scapula brings even more flexibility in the shoulder to balance work done on the Pecs in the front. Intense work, but worth it!

Subscapularis

The Subscapularis is an important player underneath the scapula, and is accessed by a massage therapist either thru the armpit area, or by using resistive techniques for loosening things up.

For thorough attention to the shoulder and increased flexibility in the water, book an hour appointment with one of our awesome massage therapists today. Mention the muscles above for even more focused education about the body and you'll be ready to give Mr. Phelps a little competition for the Gold!

