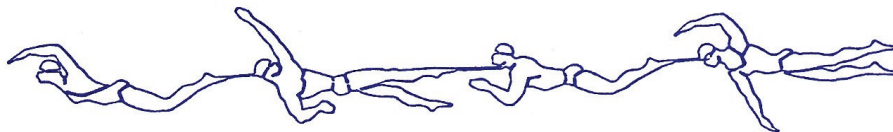


January/February
2011



SPMA MASTERS SWIMMING



SPMA 2010 Open Water Points Competition

There were ten sanctioned races last summer where swimmers could earn points towards the SPMA Open Water Series. Swimmers had to swim in at least three races to score points.

- Balboa to Newport Pier-to-Pier 2 Mile
- Seal Beach Rough Water 1 Mile
- Seal Beach Rough Water 3 Mile
- Semana Nautica 6 Mile
- Naples Island 1 Mile
- Naples Island 3 Mile
- Don Burns Corona del Mar 1 Mile
- Slam the Dam at Lake Mead, 1.2 Mile
- Slam the Dam at Lake Mead, 2.4 Mile
- Slam the Dam at Lake Mead, 8K

Women 18-24 1st Natalie Pao TCC

Men 25-29 1st Aaron Chang RMDA

Men 30-34 1st Mark Eskes UNAT
2nd Alex Cheung NOVA

Women 30-34 1st Tanya MacLean NOVA
2nd Andrea Azuma ROSE

3rd Natalie Merrow LBMS

Men 35-39 1st Jason Smith TCC

Men 40-44 1st David Neilan SOBA
2nd James Bergen MVN
3rd Chip McDaniel SCAQ

Women 40-44 1st Debbie Mone TMEC

Men 45-49 1st Bryan Buck UNAT
2nd Joe Del Rosario LBSC

Men 50-54 1st Dan Schumacher UNAT
2nd Fuad Burki SOBA
3rd Rory Sandoval UNAT

Women 50-54 1st Janice Clark CTM
2nd Veronica Hibben UCI
3rd Lynn Kubasek NOVA

Men 55-59 1st Dan Leonard SCAQ
2nd Howard Burns UNAT

Women 55-59 1st Christie Ciraulo UCLA
2nd Janet Fulks UNAT
3rd Karen Roberts LBG

Men 60-64 1st Bill Darby UNAT
2nd Dennis Holderman SOBA
3rd Fred Schiel GWSC

Women 60-64 1st Patsee Ober UNAT
2nd Kathleen Nielsen GWSC

Women 65-69 1st Ellen Shockro UNAT

Thanks to Robin Smith for tracking and tabulating the SPMA Open Water Points competition.

Semana Nautica 6 mile swim results were not official. Swimmers received credit for the swim ONLY (no place scores).

Nutrition News:

Why should we eat breakfast?

We all lead busy lives and are constantly being pulled in many directions. It is essential for our overall health and performance in the water that we strive to eat a healthy diet. The importance of breakfast has recently received a lot of attention; however, breakfast is the meal most commonly skipped by people of all ages. Not enough time and lack of hunger are common lifestyle factors usually blamed for missing breakfast. Unfortunately, skipping breakfast is associated with several poor nutritional habits including increased snacking, skipping lunch, and increased fast food consumption. Recent research has also shown that skipping breakfast might also be related to decreased physical activity and increased weight gain. These are all things we strive to avoid. It is important for swimmers to take care of their bodies to maximize performance and prevent damage. Starting your day off with eating breakfast is a great start!
by Alicia Thornton

Message to all SPMA Members

I want to wish you everything of the best for the new year. Whether you are a competitive swimmer or a fitness swimmer, a pool swimmer or an open water swimmer, I hope that 2011 will be a great swimming year for you.

Errol Graham, SPMA Chair

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
ATASCADERO: No. SLO Masters
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD Swim Club
BAKERSFIELD Aquatics Club
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO Masters
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club

SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA
CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA Aquatics Club
SANTA BARBARA: UCSB Masters
SANTA BARBARA Masters
SANTA BARBARA: Oceanducks
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Conejo Valley Multisport Masters
THOUSAND OAKS: Daland Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY Masters
VENTURA: Rio Mesa Masters

LOS ANGELES (North)

CLAREMONT: The Claremont Club
L.A. Van Nuys: SCAQ
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA Masters
WALNUT: FASTER Masters Swim Team

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. Pac Palisades, Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. Echo Park and USC: SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
L.A.: Pool Open Water
SOUTH GATE Masters Swim Team

LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions
HAWTHORNE: South Bay Swim Team
LA MIRADA: La Mirada Armada
LONG BEACH: Alpert JCC
LONG BEACH: Long Beach Masters Swim
LONG BEACH: Shore Aquatic Masters
LOS ALAMITOS Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE : LA Peninsula Swimmers

INLAND EMPIRE

BEAUMONT Masters
CORONA: Circle City Aquatics
CORONA: Corona Aquatic Team Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
TEMECULA Swim Club
YUCAIPA: Masters of Yucaipa

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COSTA MESA: Orange Coast Masters Swimming
COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Club
IRVINE Novaquatics
IRVINE: UCI Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH Lifeguard Association
TUSTIN: SOCAL Aquatics
YORBA LINDA: East Lake Eagle Rays

LAS VEGAS

HENDERSON Southern Nevada Masters
LAS VEGAS: Las Vegas Masters
LAS VEGAS: Swim Las Vegas
LAS VEGAS: Viva Las Vegas Masters

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Melissa Gutierrez (702) 480-4321, mjvgutierrez@cox.net

Southern Pacific Masters Association

2011 Membership Form

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2011 Membership Application <input type="checkbox"/> Renewal	PLEASE PRINT CLEARLY			
	Your name on this form and on meet entry forms must be identical.			
	Last Name	First Name	Middle Initial	
	Mailing Address			Home Phone No.
	City	State	Zip	Daytime or Cell Phone No.
	Date of Birth (required, must be 18 or over)	Age	Gender	Email Address (print in ALL CAPS)
CLUB (If left blank, you will remain with your previous club, or "unattached" if new)			Today's Date (must be after 11/1/10)	
<input type="checkbox"/> Check this box if you do not want any emails from USMS or SPMA, except regarding your registration.				
<input type="checkbox"/> I am a Masters coach	<input type="checkbox"/> I am a certified official	<input type="checkbox"/> I would like to volunteer for SPMA		
<input type="checkbox"/> I am a member of YMCA	<input type="checkbox"/> I am a member of USA Triathlon	<input type="checkbox"/> I am a member of USA Swimming		
Annual Fee: \$44 \$ _____ <i>Optional Donations:</i> \$1.00 (or \$____) to SPMA \$ _____ \$1.00 (or \$____) to USMS Endowment Fund \$ _____ \$1.00 (or \$____) to the International Swimming Hall of Fame \$ _____ TOTAL ENCLOSED \$ _____ Make check payable to SPMA, Mail to: <div style="text-align: center;"> SPMA c/o Dan Wegner 3773 Price Ridge Ct Las Vegas, NV 89147 </div>	"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."			
Signature _____ (required)				
Benefits of 2011 SPMA Membership				
<ul style="list-style-type: none"> • The opportunity to meet and train with some of the most experienced coaches and swimmers in the area. • The benefit of coaching and training with our member clubs throughout the country requiring USMS membership. • A subscription to USMS Swimmer, a bi-monthly swimming publication which runs concurrently with your membership (\$8.00 of the annual dues is designated for the magazine subscription). • Liability insurance for your club and meet sponsors. • Secondary accident insurance. • Borrowing privileges from the SPMA videotape and book library. • SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming. • The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics. • Information and advice from the SPMA office to answer your swimming related questions or concerns. 				
2011 USMS Registration is valid through December 31, 2011				

Las Vegas Masters
Vegas Free Play SCY Swim Meet
Saturday, January 22nd, 2011

Sanction number: 331-001

Facility: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up.

Directions: From the I-15 Fwy., take the Flamingo Road exit (#38). Take Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

Entries: The pre-entry postmark deadline is Monday, January 17th, 2011. Deck entries will close at 12:30 p.m. for the first six events. Age on January 22nd determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Special Awards: Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be at least 21 years of age in order to get a VFP coupon.

Entry Fees: \$25.00 per swimmer flat fee. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants and online entries after January 17th will pay an additional \$10.00 entry charge.

Checks payable to: "Las Vegas Masters Coach Victor Hecker"

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Victor Hecker, (702) 247-7788; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Saturday, January 22, 2011

Warm-up at noon

Meets start at 1:00 p.m.

1. 500 yd. Freestyle
2. 200 yd. Mixed Medley Relay
3. 100 yd. Individual Medley
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Freestyle (VFP)
7. 50 yd. Breaststroke
8. 200 yd. Individual Medley
9. 100 yd. Butterfly
10. 50 yd. Freestyle
11. 50 yd. Backstroke
12. 400 yd. Individual Medley
13. 100 yd. Breaststroke
14. 100 yd. Freestyle (VFP)

Rose Bowl Masters
SCY Swim Meet
Saturday, February 5th, 2011

Sanction number: 331-002

Facility: Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up.

Directions: *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

Entries: The pre-entry postmark deadline is Saturday, January 29th, 2011. Deck entries will close at 8:00 a.m. Age on February 5th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined.

Relays: All relays will be exhibition and deck entered at no cost.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries and online entries after January 29th are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

Questions: Chad Durieux, cdurieux@rosebowlaquatics.org.

Saturday, February 5, 2011

Warm-up at 7:00 a.m.

Meet starts at 8:30 a.m.

1. 500 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 200 yd. Breaststroke
5. 1000 yd. Freestyle
6. 200 yd. Butterfly
7. 200 yd. Freestyle
8. 200 yd. Individual Medley
9. 400 yd. Freestyle Relay (Men, Women, Mixed)
10. 200 yd 2-person Tech Suit Freestyle Exhibition Relay

*Most meets have online registration and prefer
that swimmers enter online. Please go to
<http://www.SPMA.net> for the list of our current meets and
online registration.*

Caltech Pentathlon
SCY Swim Meet
Sunday, March 6th, 2011

Sanction number: 331-004

Facility: 1201 E. California Blvd, Pasadena. The Caltech facility is an outdoor, 8-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool.

Directions: Take Hill Avenue south from the 210 Fwy. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 Fwy. North until it ends. Go 1 mile and turn right on California Blvd., and continue 2 miles to Caltech. Parking is free on weekends.

Entries: The pre-entry postmark deadline is Friday, February 25th. Deck entries close at 9:15 a.m. sharp! Age on March 6th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

Entry Fees: \$20.00 flat fee per swimmer. Deck entries are allowed for \$30.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Checks payable to: Caltech Masters

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave., Pasadena, CA 91107.

Questions: Meet Director, Suzanne Dodd, (626) 449-7536.

Sunday, March 6, 2011
Warm-up at 9:00 a.m.
Meet starts at 10:00 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley

Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC.
For up-to-date information check out these websites:
San Diego-Imperial: www.simastersswim.org
New Mexico: www.zianet.com/pdjang/nmms/index.htm
Arizona: www.azlmsc.org

Mission Viejo Masters
SCY Swim Meet
Sunday, March 20th, 2011

Sanction number: 331-005

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot. No tennis parking on Marguerite allowed.

Entries: The pre-entry postmark deadline is Monday, March 14th. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events. Age on March 20th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to 4 individual events.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847; coach-mark@mastersmvnswim.org.

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

Sunday, March 20, 2011
400 IM and 500 warm-up at 8:00 a.m.
500 starts at 8:30 a.m.

1. 500 yd. Freestyle (check-in required)
 2. 400 yd. Individual Medley (check-in required)
- Additional warm-up after 400 IM
Event #3 will start no earlier than 11:00 a.m.
3. 200 yd. Freestyle
 4. 50 yd. Butterfly
 5. 100 yd. Backstroke
 6. **25 yd. Freestyle***
 7. 200 yd. Medley Relay (men, women, or mixed)
 8. 200 yd. Individual Medley
 9. 50 yd. Breaststroke
 10. 100 yd. Freestyle
 11. **25 yd. Breaststroke***
 12. 100 yd. Butterfly
 13. 50 yd. Backstroke
 14. 200 yd. Freestyle Relay (men, women, or mixed)
 15. **25 yd. Butterfly***
 16. 100 yd. Breaststroke
 17. 50 yd. Freestyle
 18. **25 yd. Backstroke***
 19. 100 yd. Individual Medley
 20. 200 yd. Fun Fin Relay
 21. 1000 yd. Freestyle (check-in required)

***25 yd. events are not recognized by USMS and will not be submitted for Top Ten consideration.**

SWIMMER'S SHOULDER

by Jessica Seaton, D.C.

What is swimmer's shoulder?

Swimmer's shoulder is a general term used to describe an overuse shoulder injury occurring in swimmers. It represents a chronic irritation of the shoulder soft tissues (tendons, muscles, ligaments). This is also known as *impingement syndrome*. As an example: during a 25-yard freestyle swim (front crawl), the right arm will typically perform 8 strokes (pull and recovery). In a typical workout of 4,000 yards the right arm will rotate 1,280 times. As you can see, if you have a small biomechanical problem, by the end of workout it will be worse.

What are some of the symptoms?

The symptoms will vary with the cause. However, there are some general trends. Usually the pain is the worst in backstroke, and least during breaststroke (except perhaps, where the biceps or tendon or subscapularis muscle is the primary culprit). Pain may occur at any phase of freestyle. Depending on when it occurs, the diagnosis will be different (i.e., if the pain is worse during the recovery phase, think of rotator cuff involvement, whereas if the pain is worse during the initial pull, the biceps tendon may be more involved). Sleeping on the involved side aggravates the pain. When the problem is fairly advanced, the swimmer will also experience shoulder pain when not swimming and the shoulder becomes progressively more tender to the touch.

Swimmer's shoulder is not an exact diagnosis. To obtain an accurate diagnosis (which muscles and tendons are involved) you should seek professional help from a sports medicine specialist (chiropractor, orthopedic surgeon). The examiner should take a detailed history and should understand the mechanics of swimming (see below). The examination should at least include an evaluation (for pain and weakness) of all your shoulder movements with and without resistance. X-rays usually are not necessary.

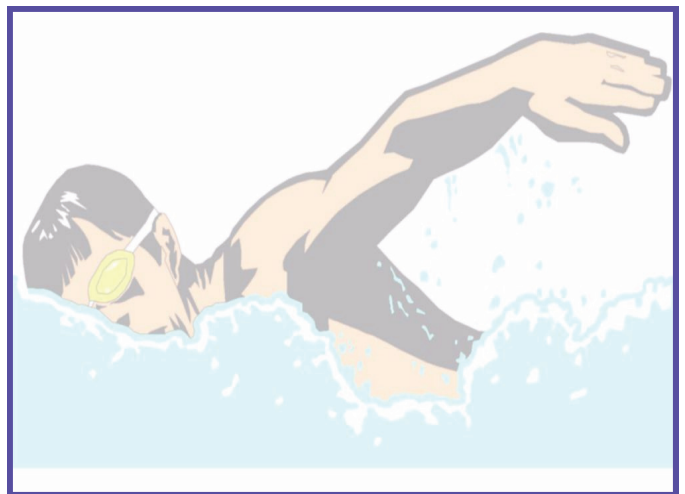
What causes swimmer's shoulder?

The causes will vary according to the specific problem. If your problem is the most common type of impingement syndrome, then it is usually related to a muscle imbalance.

The large internal rotators (pectoralis major, latissimus dorsi) are used in the pull phase of freestyle, whereas the smaller, weaker external rotators (e.g., the rotator cuff muscles) are used in the recovery phase. Other muscles are responsible for the alignment of the arm with the shoulder blade. Your problem may be with any, or all three of these, although most commonly the problem is with the weak external rotators.

Some of the problems that may develop and cause impingement syndrome are:

- Insufficient body roll (should be 40°-60°) in freestyle and backstroke. This is even more important in backstroke, where insufficient body roll causes excessive tugging on the tendons.
- Over-developed pectoral muscles and under-developed rhomboids, middle and upper trapezeii, levator scapulae and upper latissimus dorsi (leads to an instability of shoulder).
- Weak rotator cuff muscles. These are the dynamic stabilizers of the shoulders.
- Excessive internal rotation in freestyle and butterfly during the "catch": middle finger should enter the water first, not the thumb and index finger.
- Excessive adduction on the pull-through phase (your hand should not cross the midline).
- Dropped elbows occur if the internal rotators and adductors (pectoralis major, latissimus dorsi) are not strong enough.
- Over-training with insufficient recovery time. This is especially true for those of you doing a rigorous weight-training program as well as swimming, without allowing your body enough time to recover. Over-training also occurs when one tries too vigorously to make up for months of inactivity!
- Cantilevering on the arm opposite the breathing side. This is seen especially in one-sided breathing and with a straight-arm initial pull. If the elbow is not "cocked" at the beginning of the catch phase, a cantilevering occurs at the shoulder. This then aggravates or accelerates an impingement syndrome.



SWIMMER'S SHOULDER

by Jessica Seaton, D.C.

How do I treat swimmer's shoulder?

I cannot emphasize enough that a proper diagnosis (identifying the involved muscles/tendons and stage/severity of the problem) will lead to the most appropriate treatment. A good treatment plan includes:

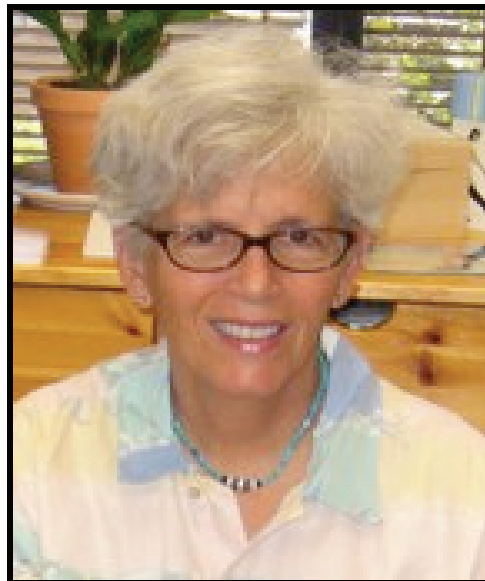
1. Reduce the inflammation and apply ice to the shoulder for 20 minutes after training (if training is appropriate). I am not a big fan of anti-inflammatory medication, as it inhibits proper healing of the tendons. Chronic use of nonsteroidal anti-inflammatory medications can adversely affect the stomach, intestines, kidneys, and liver. I prefer herbal supplements (e.g., curcumin or tumeric, boswellic acid) or homeopathic remedies (rhus tox, arnica, Traumeel). It is not recommended that you cover up the pain with drugs and swim anyway.
2. Rest, depending on how severe the injury, this may mean total rest (no swimming), decreased yardage while avoiding backstroke and butterfly, or only kicking with arms at your side. It is wise to wait at least a couple of pain-free days before resuming swim training.
3. Passive care by a professional, which may include ultrasound, interferential current, cross-friction massage to the tendons, triggerpoint work (if triggerpoints were found in the diagnosis), post-isometric relaxation of the involved muscles, and adjustments of the shoulder and/or neck.
4. Rehabilitation exercises that strengthen the weak muscles (usually the external rotators of the shoulders). These are not exercises commonly done at the gym, but exercises with minimal weights (3-5 lb.) done in a very specific, controlled manner. A good sports medicine chiropractor or physical therapist should be able to show you the specific exercises for your particular condition. If you have ever had shoulder problems, it is wise to do these exercises at least several times per week. Generally it is said that for every day a swimmer swims with a bad shoulder, one day of rehab time is required.
5. Modify training: I could write a whole article alone on why hand paddles can be bad for your shoulders. Certainly don't use them while you're having shoulder problems. Have the coach check your body position for body roll and arm position. If no coach is available, have a friend videotape your swimming. The tape is often quite revealing. Best of all, have a coach videotape your swimming and go over the stroke mechanics with you.

What if shoulder pain returns?

Having gone through one bout of shoulder pain with treatment, including physical therapy modalities and exercises, does not guarantee that a swimmer will never again experience shoulder pain. Quite the contrary! The biggest risk factor for any injury is having been injured in that area before.

Why shoulder pain returns:

- 1) Probably the most common reason is that the swimmer is no longer doing the rehabilitation exercises. A variation on this theme is that the swimmer had stopped doing their shoulder exercises and only resumed doing them when the shoulder pain returned. Rehabilitation exercises are designed to correct muscle imbalances that occur around the shoulder. These imbalances generally are due to very strong pectoralis major and latissimus dorsi muscles — the power muscles in swimming, and correspondingly weak rotator cuff muscles and shoulder stabilizing muscles such as serratus anterior. As long as one swims, one needs to keep these muscles in balance. A strong core is also important for optimal shoulder function.
- 2) The rehabilitation exercises may need to be re-evaluated. The swimmer may be doing them incorrectly (subtle changes in form can be aggravating rather than helping a shoulder) or may actually need different exercises. The problem may not be involving the exact same muscles as the prior incident. A good diagnostician can determine precisely which rotator cuff muscle(s) are most affected and need to be strengthened.



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SPMA Swimming News is published six times a year as an insert in the bi-monthly *USMS Swimmer*, for swimmers registered with Southern Pacific Masters Swimming.

Southern Pacific Masters Association Schedule for 2011

January	20	SPMA Committee Conference Call
	22	Las Vegas SCY Swim Meet
February	5	Rose Bowl SCY Distance Swim Meet
	17	SPMA Committee Conference Call
	20	Fullerton SCY Swim Meet
March	6	Cal Tech SCY Swim Meet
	17	SPMA Committee Conference Call
	20	Mission Viejo SCY Swim Meet
April	3	UCLA SCY Swim Meet
	10	UCI SCY Swim Meet
	21	SPMA Committee Conference Call

For a complete and updated list of events go to www.spma.net

SPMA DVD Library

SPMA has a DVD library available for use by our members. There is a \$10.00 charge for borrowing up to three DVDs. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$100.00 that will be held as a deposit until the DVDs are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call and we will discuss which videos would best fit your needs. Please include alternates with your request, or let us know if you would prefer to wait for videos that are currently out on loan. Send requests to the SPMA office and make checks payable to "SPMA."

DVD format:

- *Swim Fast: Butterfly* (Michael Phelps)
- *Swim Fast: Breaststroke* (Ed Moses)
- *Swim Fast: Freestyle* (Lindsay Benko)
- *Open Water Swimming, Skills, Techniques & Racing Tips* (Mike Collins, Gerry Rodrigues)
- *Go Swim, Freestyle with Karlyn Pipes-Neilsen*
- *Go Swim, All Strokes* (with Kaitlin Sandeno and Erik Vendt)
- *Go Swim, Butterfly with Misty Hyman*
- *Go Swim, Freestyle and Backstroke Drills*
- *Go Swim, Breaststroke with Dave Denniston*
- *Go Swim, Breaststroke with Amanda Beard*
- *Go Swim, Breaststroke Turns and Pullouts with Dave Denniston*
- *Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston*
- *Go Swim, Backstroke with Jeff Rouse*
- *Eddie Reese on Freestyle*
- *Eddie Reese on Backstroke*
- *Eddie Reese on Butterfly*
- *Eddie Reese on Breaststroke*
- *Swimming Faster: Butterfly* (Marsh & Durden)
- *Swimming Faster: Breaststroke* (Marsh)
- *Swimming Faster: Freestyle* (Marsh)
- *Swimming Faster: Backstroke* (Marsh)