

## **Effectiveness of a Stretching and Strengthening Program on Improving Forward Shoulder Posture in Elite Competitive Swimmers**

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The central idea of the project that we are trying to convey is the prevention and rehabilitation of forward shoulder posture in competitive swimmers. Due to the extreme routine of competitive swimmers, various shoulder muscular imbalances are created, increasing the risk and severity of shoulder injuries. Our hypothesis is that after four weeks of completing the strengthening and stretching program, posture should improve. Procedures included measuring shoulder posture before and after the four weeks and having a control and experimental group to compare the findings of the experiment. Analysis of data will be done statistically using the program SPSS. The main findings and conclusions have not been completed, but current results seem to display significant differences between the experimental and control group.

### *Information about the Authors:*

Russell Deghi is on the Valparaiso University swim team. As a swimmer, he has seen many shoulder issues including one of his own which sparked an interest in how to correct or decrease the amount of shoulder injuries in the sport. He is also interested in becoming a physical therapist, making this experiment a perfect stepping stone into the field. Tim Skerrett is an exercise science student who will be attending graduate school for occupational therapy. He has completed a 150-hour internship under the supervision of hand and shoulder therapists, which in turn has made him very familiar with the field of shoulder injuries. He himself has also suffered multiple shoulder injuries and has gone through therapy firsthand. His interest in this is to further his own pursuit of occupational therapy as well as for the pursuit of personal knowledge.

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