

# SWIMMING

BY SHAUNA NELSON, MS, OTR/L  
Inpatient Occupational Therapist

## 7. Straight Arm Pull Downs

- Using a cable machine with straight bar in the overhead position, stand two feet back with a slight bend in the knees.
- Pull the weight down slowly towards your thighs, rotating only the shoulders.
- Now raise the bar back up to shoulder height and repeat.
- Remember to engage your core and pull your shoulder blades together during the exercise.
- Complete 3 sets of 10 repetitions.

## 8. Plank Row

- With a dumbbell in each hand, lower into a plank position.
- Keeping feet hip-width apart for balance and stability, lean your body weight onto the left arm and lift the right dumbbell off the floor to the side of your body. Do not rotate your torso and keep your chest facing the floor.
- Slowly lower dumbbell, transfer body weight, and repeat with the left arm.
- Complete 3 sets of 10 repetitions on each arm.

## 9. Streamline Flutter Kicks

- Lie on your back with your lower back against the floor and core engaged.
- Place your arms overhead in a tight, streamlined position, squeezing biceps to ears.
- Lift head slightly off the ground and flutter kick your legs about 6 inches off the ground for 30-45 seconds.
- Complete 3 sets, holding for 30-45 seconds each.



7.

8.



# GOLF

By Todd Ward, PT, CSCS  
Physical Therapist

## 10. Kneeling Chops

- Kneel on both knees in a tall posture with knees, hips and shoulders aligned. Activate the glutes and core to maintain stability and control.
- With a band or cable attached above shoulder level, grab the band with both hands, looking at the band with your shoulders turned toward the band.
- Pull the band downward and past the opposite hip, keeping your arms extended and your eyes on your hand. The rotation should come from your mid-back and neck with your low back and hips remaining stable.
- Perform on each side for 10-15 repetitions.

## 11. Book Openings

- With your head on a pillow, lay down on one side with your top knee bent up towards your chest.
- Extend both arms in front on your chest, one on top of the other, and open up the top arm and reach back until you feel a stretch, following your arm with your eyes and head throughout.
- Repeat on the opposite side, feeling the motion in your mid-back.

10.



11.

