

CORRECTING PHYSICAL AND TECHNICAL ASYMMETRIES OF SWIMMERS

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This talk will look at the importance of maintaining a sound postural base and its links to efficiency when in the water. The common postural habits of swimmers including typical patterns of asymmetry will be discussed and their possible impact on performance.

A case study of an Olympic swimmer will be presented with video footage of the programme she followed as she prepared for the 2008 Olympic Games in Beijing. The work with this athlete from initial screening and basic postural control through to high level challenges will be discussed. The importance of strong communication links between swimmer, coach and physiotherapist will be highlighted.

The possible implications on technique for both elite and non elite swimmers will be discussed.