

Abstract

Title: Compensatory exercises for swimmers and their use in dryland workout

Objectives: The main goal of this work is to create a suitable compensation program for swimmers, which will focus mainly on the shoulder girdle and deep stabilization system. This program should then reduce the movement of pre-selected exercises from the usual dry land training and improve the movement stereotype.

Methods: In our work we used mainly the method of observation. First, we observed the usual dry land training of swimmers. Subsequently, an orientation questionnaire survey and an initial examination with basic anamnestic data were taken. Then, during 10 weeks, we observed the course of the compensation program itself, which we then evaluated at the very end. In the final phase, there was also an examination of the output and testing of dry land exercises.

Results: In our work, 5 of the 6 established theses were confirmed. Two of the three exercises improved due to the compensation program. The third exercise remained without significant progression, but small improvements were still visible, especially in the upper limb support. The theoretical and practical part of the research work was an enriching benefit for me in the future.

Keywords: Muscle imbalance, swimming, shoulder joint, deep stabilizing system