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Musculoskeletal dysfunctions associated to the swimmers shoulder

Shoulder pain is the most reported area of orthopaedic injury in swimmers. The so-called "swimmers' shoulder" has been applied to a variety of complaints involving shoulder pain in swimmers without specific reference to contributing mechanisms or structures. Knowledge of dysfunctions associated with swimmers' shoulder can assist clinicians in developing rehabilitation strategies. This literature review aims to providing clinicians insight into the musculoskeletal mechanisms
and impairments associated with swimmers' shoulder that could aid them in developing rehabilitation strategies. The following musculoskeletal dysfunctions will be discussed: muscle activity, strength, endurance, muscle control, range of motion, glenohumeral laxity, glenohumeral instability, shoulder posture, scapular dyskinesis. The findings of this review may have implications for the swimmer, their coach, and the rehabilitation specialist working with the swimmers either after they develop shoulder pain or in a preventative role.