



the center for the female athlete

# *Swimming and diving*

## Quick Facts

- ★ 1912 was the first year that women were allowed to compete in the Olympics for swimming.
- ★ Olympic level swimmers swim as much as 6-12 miles per day
- ★ 1912 was the first year that women competed in diving at the Olympics
- ★ The springboard and platform equipment still used today was introduced in the 1908 Olympic games

Competitive swimmers tend to use every muscle in their body to propel themselves forward in the pool. Common injuries with swimming include shoulder tendinopathy, low back pain, and knee pain.

Diving was inspired by gymnastics with many of the same skills being performed before landing into water. Common injuries include broken wrists, dislocated shoulders and concussions from the force of their impact with the water.

### causes of swimming injuries

- Shoulder injuries caused by repetitive overhead motion during strokes.
- Low back pain caused by prolonged back extension.
- Knee pain can occur in breast stroke swimmers due to the unique kick.

### prevention of swimming injuries

Swimmers often have overuse injuries including rotator cuff impingement, tendonitis, and low back pain. Using proper technique in each stroke can be beneficial in keeping athletes pain free. Strength and flexibility training are also important to maintain a healthy athlete.

### causes of diving injuries

- Landing incorrectly in the water (includes either under or over rotating)
- Overuse injuries caused by gymnastic type skills
- Knee injuries can occur from jumping off the springboard with poor form

### prevention of diving injuries

The best way to prevent injuries as a diver is to protect the areas that are most vulnerable by strengthening the muscles around them. This includes strengthening the shoulders, arms and core. Lastly, practice . . . practice . . . practice. Dry land training on a trampoline can help the diver perfect the skill and land correctly into the water.

# our all female team

Solely run by an all female team, The Center for the Female Athlete prides itself on helping female athletes prevent injuries, become mentally stronger, and reach athletic goals.

**Lora Scott, MD**

*Sports Medicine Physician*

**Sarah Steward, MD**

*Orthopedic Surgeon*

**Linh-Han Ikehara, MSW, LISW-S**

*Behavioral Health Therapist*

**Jamie Broz, MED, ATC**

*Manager*

**Karly Steenbock, MS, AT, ATC**

*Athletic Trainer*

**Megan Christoffel PT, DPT**

*Physical Therapist*

**Maria Brumfield, MS, RDN, LD**

*Dietitian*

## Are you ready to make an appointment?

You can request an appointment online anytime or give us a call at 937-641-4876 during normal hospital business operating hours of 8:00 am - 5:00 pm Monday-Friday. Visit [childrensdayton.org/centerforthefemaleathlete](https://childrensdayton.org/centerforthefemaleathlete)

### Who is eligible for The Center for the Female athlete?

We see patients ages 12-22 for a variety of conditions such as:

- Nutritional concerns
- Sport specific injury prevention
- Bone health and bone density testing
- Risk assessment for the RED-S female athlete triad
- Mental health screening
- Performance anxiety/mental blocks

### Location

**South Campus**

3333 West Tech Road  
Miamisburg, Ohio 45342



@The\_Female\_Athlete



@TheFemaleAthleteOfficial

