

USMS SPORTS MEDICINE LECTURE

Core and Shoulder Stabilization – Matt Wren

Avoiding painful shoulder injuries will keep you in the water and make you a more competitive swimmer. This easy-to-follow program of shoulder stabilization helps you not only by showing you what to do, but by explaining why you're doing it. That can make all the difference.

Instructor Matt Wren is a physical therapist with extensive sports medicine experience. he also swim competitively for 15 years and competed at the 1984 Olympic Trials. a swimming coach for six years, he brings a special combination of talents to your training program - a thorough understanding of both swimming and body mechanics.

Competitive. Maybe even better than that. Is that what you're striving for? Then core stabilization is a must. The edge that turns a good swimmer into a competitive one and a competitive swimmer into a champion is hard to find. The core stabilization exercises taught by Mike Wren can be the difference. The why's and how's of core stabilization - they're all included in this easy to follow program.