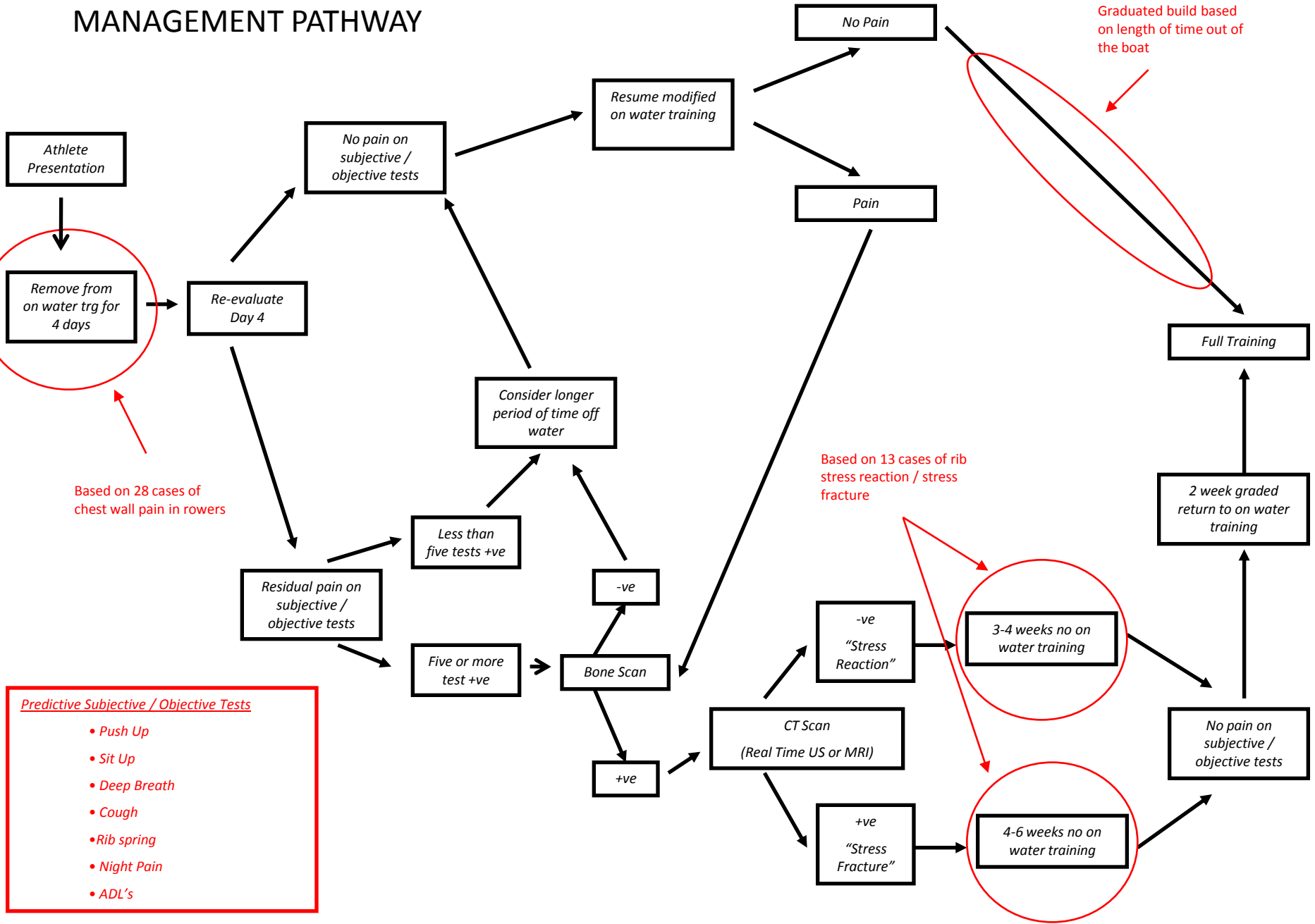


# CHEST WALL PAIN CLINICAL MANAGEMENT PATHWAY



Based on 28 cases of chest wall pain in rowers

Based on 13 cases of rib stress reaction / stress fracture

Graduated build based on length of time out of the boat

## Predictive Subjective / Objective Tests

- Push Up
- Sit Up
- Deep Breath
- Cough
- Rib spring
- Night Pain
- ADL's