



5 ROWING SPECIFIC INJURIES

Aim: Injury Prevention



1. HAMSTRING FLEXIBILITY



- Needed to maintain posture from mid-drive to finish & for 'rockover'
- Lack of flexibility results in 'C' shaped spinal curve
- Hold 2min x1 per day to make change



2. PELVIS ROCKOVER



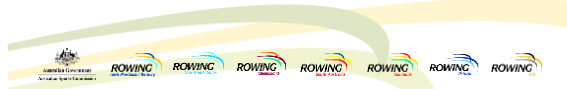
- Ability to tilt pelvis forward off back of stroke
- Relies on hamstring flexibility (can do on chair / ball if tight)
- Aim for 3x30reps (patterning reps)



GLUT FLEXIBILITY



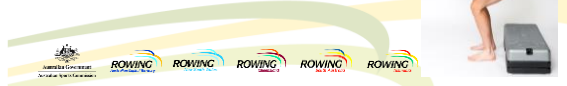
- Needed for upright pelvis at the catch
- Can be restricted by structure of hip
- Lack of results in 'C' shaped spine at catch
- Hold 2min x1 per day to make change



SIT TO STAND



- Trunk & leg connection
- Push through heels
- Do not 'pop' bottom
- Relies on gluts, quad and calf flexibility (can do off various heights)
- Aim for 3x30reps (patterning reps)



SIDEWAYS STABILITY



- Ability to move pelvis independently from spine – side to side
- Ability to cope with boat moving under pelvis
- Aim for x20 to each side (body awareness)

