

APRIL 2020

BRITISH ROWING

Injury Prevention Advice



We've got your back

Remote training during Covid-19 lockdown has presented the team with some challenges and opportunities. It is a great opportunity to supplement the rowing specific training with alternative modalities, such as cycling and running. However, the additional time on the ergo during home training, away from your normal training facilities and support network, may present some challenges.

How to protect against injury on the ergo

Consider the following to help protect your body:

BEFORE

- Mobilise: Hip range of movement and hamstring length as a priority, use at least 5 different stretches.
- Activate: Abdominals and glutes as a priority, use at least 3 different activations.

DURING

- Hold good posture: use a mirror or film yourself to check. This can then be sent on to your coach for checking.
- If aware of any change in form or discomfort, split the ergo and return to your ergo prep before continuing. If unable to 'reset' your body consider alternative training.
- Contact coaches for advice on best decision for cross training and subsequent ergo sessions.

AFTER

- 'De-ergo' yourself! Stretch your hips and lumbar spine into extension. Reactivate postural control as before ergo (see pictures below).
- Be mindful of how you rest between session and how during lockdown this may differ to normal.

Milk is a good choice

Without access to a weights room, pool and potential changes to lockdown restriction maintaining fitness through injury will be very difficult, so staying healthy is paramount.

In addition to the physio specific ergo preparation, Wendy Martinson, suggests pre-exercise calcium may help protect bone health so a good calcium source, such as milk or yogurt, as part of your pre-ergo meal would be beneficial. Please note that nut based milk is lacking in protein but some may be fortified with calcium (always check the label).



SIERRA NEVADA 2019





Stay healthy on the ergo at home

- . Please consider the following whilst erging remotely:
 - Unlike training on the water, the forces delivered to the body are higher and in a repeated plane of movement loading the body more intensely.
 - During intensity on the ergo, the peak compressive force at the lumbar spine relative to body weight has been shown to be 5-7 x body weight.
 - Most common injury during peak ergo training volume is lumbar spine disc irritation, commonly driven by hip stiffness. Rib stress response is the second highest injury.



- In the absence of direct feedback from your coaches on technique and subsequent adjustment to ergo loading, long ergos can increase risk due to fatigue of postural control.
- Having not been in a prolonged training from home setting before it is unclear how easily ergo volume will be absorbed by the musculoskeletal system. Please remain vigilant.

Back For Good

*There once was a rower in self-isolation
 Who played hour after hour of Sony Playstation
 When he tried to move off the couch, he screamed aloud OUCH!
 Bent over double, knowing nothing but trouble
 With GB in lockdown, all he could do was frown
 And sit tight on ice, wishing he'd followed advice.*

Covid-19 Ergo Checklist



- Before a morning ergo have you been out of bed for more than 1 hour?
- Are you hydrated and have you eaten a breakfast containing carbohydrate, protein and a calcium source?
- Are your hips stiff, can you achieve deep symmetrical hip compression?
- Are you taking advantage of any cross training options?
- How do you select a mode of training?
- How do you select the order of training sessions?
- Do you know how best to prep for each session including running and cycling?
- When does completing trunk strength and trunk endurance best fit with your training?
- What is the objective of each training session (maintenance/ progression/mental health)?
- How is your recovery around sessions? (nutrition/hydration/rest)
- Are you looking after your skin, especially around the seat area? If this breaks down how will you heal and train?
- How have your training patterns changed during lock down and do they present an increase in risk to your health?
- Am I sticking to the prescribed distance on the ergo?
- Prolonged sitting increases lumbar spine disc pressures. Am I sitting more than normal?

Please use your coaches for support and to help you achieve your goals