

LOW BACK PAIN

FIRST AID FOR COACHES & ATHLETES

WHAT IS IT?

THERE ARE MANY CAUSES FOR LOW BACK PAIN IN THE ROWING POPULATION. RESEARCH DEMONSTRATES THAT ROWERS HAVE A HIGHER INCIDENCE OF PAIN FROM DISC INJURIES AND THIS SHOULD BE THE PRESUMED MECHANISM OF INJURY UNTIL PROVED OTHERWISE. WHILE LOW BACK PAIN IS COMMON IN ROWING, IT SHOULD NOT BE ACCEPTED AS NORMAL.

WHAT WILL THE ATHLETE REPORT:

CONCERNING SYMPTOMS INCLUDE SHARP PAIN THAT INCREASES DURING A SESSION, THAT PERSISTS FROM ONE SESSION TO THE NEXT, THAT IS UNRELIEVED BY RESTING FROM ROWING OR WHICH REFERS BEYOND THE BUTTOCK.

WHAT CONTRIBUTES TO IT?

POOR TECHNIQUE - ON WATER & ON THE ERGO
POOR FLEXIBILITY - HAMSTRING LENGTH AND HIP MOBILITY
INSUFFICIENT STRENGTH & ENDURANCE - TO AVOID END RANGE LUMBAR FLEXION
POOR POSTURE - ESPECIALLY IN THOSE THAT STUDY OR WORK IN A SEATED POSITION
RAPID LARGE INCREASES IN TRAINING LOAD
EQUIPMENT CHANGES - CHANGE IN OAR GEARING, FEET & GATE HEIGHT
WATER CONDITIONS - ROUGH WATER / WINDY CONDITIONS
INSUFFICIENT OR INCORRECT WARM UP

ROWING FIRST AID

RECOGNISE THAT IT IS NOT NORMAL TO HAVE LOW BACK PAIN
STOP ROWING IF CONCERNING SYMPTOMS ARE PRESENT
ENSURE SUFFICIENT FLEXIBILITY TO CORRECTLY COMPLETE STROKE
DEVELOP THE TRUNK STRENGTH & ENDURANCE REQUIRED FOR RACING & TRAINING
COACH ATHLETES ON THE ERGO & ON WATER TO HAVE CORRECT TECHNIQUE
REFER TO THE ROWING AUSTRALIA WARM UP, STRETCHING & CORE POSTERS

REVIEW WITH A ROWING AUSTRALIA PREFERRED PROVIDER IS RECOMMENDED FOR FULL ASSESSMENT AND MANAGEMENT.

[HTTP://WWW.ROWINGAUSTRALIA.COM.AU/COMMUNITY-ROWING/SPORTS-MEDICINE/](http://www.rowingaustralia.com.au/community-rowing/sports-medicine/)