

Assessing Movement Patterns Q&A's

What exercises or stretches would you recommend to help get away from the catch deviations into the proper positions?

This will be addressed in the Thursday's (16/04/20) webinar but the three main areas to address are hamstring and hip flexor flexibility, along with core strength (being able to hold the position under load).

What coaching messages do you use to encourage athletes to hold that rocked over position as they move through the early part of the drive so to keep the core engagement?

Avoid talking about 'body reach' as this often encourages them to reach using their shoulders and thoracic spine. Coaching prompts as moving up the slide can include 'bring your feet towards you' (easier to do on a RP3!)

Should the anterior tilt become a posterior tilt by the end of the stroke?

The anterior tilt should remain throughout the stroke. It is the angle of the spine that changes at each end of the stroke. Pelvic angle often changes at the finish when glutes and core are not strong enough to hold the finish position.

If someone has very tight hamstrings (i.e. posterior position) should you stop them rowing full slide?

Each athlete should work within a healthy movement range. We cannot 'stop' an athlete from rowing at a certain point of the slide, but need to be conscious of what they need to do to improve their movement range to be able to hold a healthy position in a boat.

The initial slide said that heel height should be set at the usual height for the rower, the slide on display now says that the heel position should be set as low as possible. Please clarify?

For the purpose of assessing the catch position, the foot height should be set as low as possible.

What injuries are caused from not sitting correctly?

Primarily lumbar spine injuries/disc problems. However, it is different for different athletes depending on how they compensate for poor posture.

Where would you suggest people sit on the seat? In the slides there have been people sitting at the front, middle and back of the seat. When I was an athlete I was taught to sit with the join between the glutes and the hamstrings to be on the front of the seat. What would you suggest?

Towards the back of the seat. Athletes need to find the right balance between what is comfortable for them.

I find people concentrate too much on hamstring flexibility rather than hip mobility.

This will be addressed in the Thursday (16/04/20) webinar “Tip’s for Improving Hip Mobility”.

ON the hip hinge assessment how bent should the legs be, what is classed as too bent?

Knees should be 'soft' as they would be when carrying out an RDL in the gym.

One of the issues it is important to be aware with the emphasis of anterior pelvic tilt in the rowing stroke (and gym) is an over-exaggeration of this and thus lordosis of the spine - while less common it can be equally 'dangerous' to over-load, and cause injury - have you come across this and what interventions have you engaged the athlete with to overcome this?

This is a question of athletes not understanding how to disassociate their spine from their pelvis. Lordosis can come from an athlete thinking they have an anterior pelvic tilt, hen actually they are bending their spine instead. We can overcome this by getting the athlete to understand pelvic tilt as opposed to spinal movement.

If an athlete cannot squat without lifting their heels off the ground - is there any advice to assist with this?

A small wedge under the heels will help them to keep their heels on the ground. This could be something as simple as a couple of small weights discs. Weightlifting shoes can help to rectify this issue as well.