



Assessing Movement Patterns

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TEAMWORK | OPEN TO ALL | COMMITMENT

BACKGROUND

Women's Training Days

- **Dedicated time to focus on specific movement patterns**
- **Identification of what good movement patterns look like**
- **Understanding common errors**
- **Understanding how to assess core movements for a good rowing stroke**

- **Links to the athleticism pillar of the Rower Development Guide**

BACKGROUND

Women's Training Days

Figure 1. The attributes and tests that are included in the England Talent Pathway athlete profile

Performance	<ul style="list-style-type: none">• 2km Ergo at Free Rate*• 5km Ergo at Free Rate
Anthropometry	<ul style="list-style-type: none">• Height, weight and arm span*
Endurance Capacity	<ul style="list-style-type: none">• 30 minute ergo (Rate 20)*
Power Capacity	<ul style="list-style-type: none">• 250m Ergo at Free Rate*• 7 Power Stroke Assessment
Strength Capacity	<ul style="list-style-type: none">• Press up Max• Supine Pull Max
Body Conditioning	<ul style="list-style-type: none">• Core Activation assessment
Movement Patterns	<ul style="list-style-type: none">• Squat assessment• Hip Hinge Assessment
Flexibility	<ul style="list-style-type: none">• Catch Position test• Thomas Test

*Required results

What and Why?

Assessment of movement patterns

- **Catch position**
- **Hip Hinge**
- **Squat**



ARE YOU SITTING COMFORTABLY?

Webinar engagement

- Multi choice questions
- Add your feedback/answers in the question box



*Are you sitting
comfortably ?*

QUESTION 1

Where are you sitting right now?

- Desk with an adjustable chair
- Table with non adjustable chair
- Sofa
- Bed
- Standing



Pre-lockdown

Sitting habits

- Travel (car/train/bus/bike)
- Ergonomic desk set-up
- Regular movement breaks
- Fewer options for poor posture

Pre-Lockdown





Lockdown Posture

A change of habit

- Increased screen time
- Fewer breaks from sitting
- Fewer suitable seating options
- More static exercise (ergo/bike)

Lockdown



Lockdown Headlines

How to prevent neck, back pain while working from home during the lockdown

31/03/2020 | Sarah Templin



Dodgy home office set-ups can lead to aching necks and backs. (Photo credit: Getty)

With New Zealand now firmly in the grip of the COVID-19 level 4 lockdown, many of the country's employees are getting used to the new daily routine working from home. It's led to some creative at-home office set-ups as living rooms, kitchens and bedrooms all continue



Lockdown fitness: This mobility workout will help relieve stiffness, aches and pains

Comment



LOCKDOWN FITNESS

Try these moves to help with back pain and stiffness (Picture: Tally Rye)



Natalie Morris
Saturday 11 Apr 2020 7:01 am

Working from home is ruining your posture. Here's how to fix it

Sitting on folding chairs, sofas, beds or at coffee tables for months on end can cause crippling pain

By NATASHA BERNAL
23 Mar 2020



Health & wellbeing Sleep and exercise down, back pain and TV up in UK lockdown

Survey finds a third eating less healthily, but TV figures suggest daily surge for PE With Joe

- Coronavirus - latest updates
- See all our coronavirus coverage

The Telegraph

How to create the best home office set-up for productivity during the lockdown



To get the best home office set-up for productivity, get off your kitchen table and into our shopping guide. CREDIT: LISALVAEZ/GETTY

By Lela London

SO WHAT?

Let's use this time wisely



COACHING TIPS

How do you explain/understand how to sit?

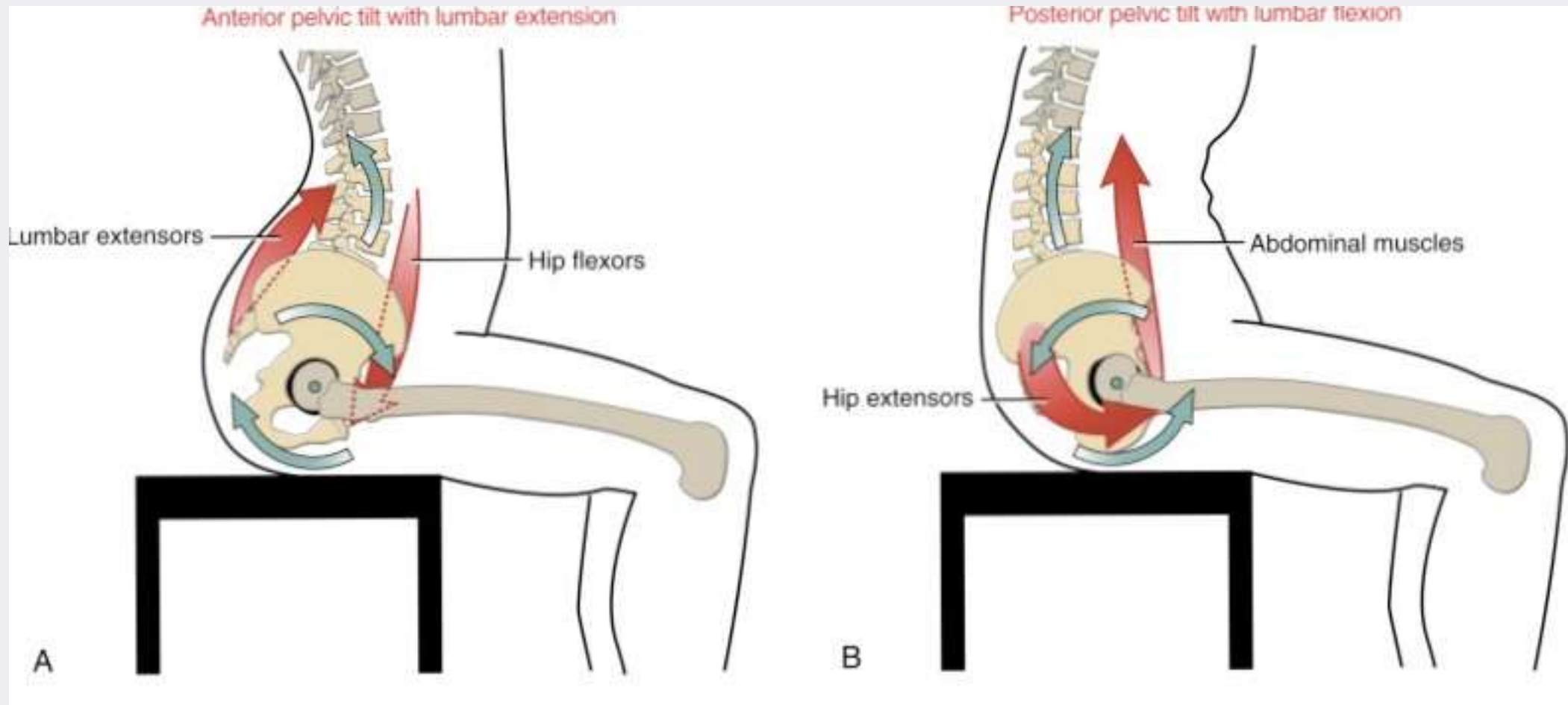
‘sit up tall’

‘think about your posture’

‘sit on the bones of your bottom’

‘Imagine...’

SITTING WELL



ASSESSING YOUR SITTING POSITON



ASSESSING THE CATCH POSITION

Monitoring Rowing Specific Hip Flexion Mobility

What does 'good' look like

Standard deviations

Assessing yourself

QUESTION 2

Why is the correct catch position important?

- To avoid injury
- To ensure power can be applied effectively
- To ensure good stroke length

CATCH POSITON ASSESSMENT

- **Set heel height to normal position**
- **Move to the catch position, or fully forward and hold with no assistance.**





The Catch Position

What are we looking for?

Rotation of Pelvis

Significant anterior tilt of pelvis

Lumbar spine/core strength

Excellent lumbar/core strength position



Deviations

Rotation of Pelvis

Some anterior tilt of pelvis

Lumbar spine/core strength

Slight curve of lumbar spine



Deviations

Rotation of Pelvis

Some posterior tilt of pelvis

Lumbar spine/core strength

Obvious curve of lumbar spine



Deviations

Rotation of Pelvis

Significant posterior tilt of pelvis

Lumbar spine/core strength

Pronounced curve of lumbar spine

WHICH PICTURE SHOWS AN ANTERIOR PELVIC TILT?



WHICH PICTURE SHOWS A POSTERIOR PELVIC TILT?

