Assessing Movement Patterns

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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**

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

| Performance       | • 2km Ergo at Free Rate*  
<table>
<thead>
<tr>
<th></th>
<th>• 5km Ergo at Free Rate</th>
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<tbody>
<tr>
<td>Anthropometry</td>
<td>• Height, weight and arm span*</td>
</tr>
<tr>
<td>Endurance Capacity</td>
<td>• 30 minute ergo (Rate 20)*</td>
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</tbody>
</table>
| Power Capacity    | • 250m Ergo at Free Rate*  
|                   | • 7 Power Stroke Assessment |
| Strength Capacity | • Press up Max  
|                   | • Supine Pull Max         |
| Body Conditioning | • Core Activation assessment |
| Movement Patterns | • Squat assessment  
|                   | • Hip Hinge Assessment    |
| Flexibility       | • 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

3/3/2020

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, bedrooms and bathrooms all and

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 can end up causing crippling pain.

By NATASHA BERNAL
02 May 2020

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

Comment

By SALLY RYE
11 Apr 2020

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

Survey finds a back-aching lazy lifestyle but TV figure amongst daily range for Brits with

The Guardian
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

Anterior pelvic tilt with lumbar extension

Posterior pelvic tilt with lumbar flexion

Lumbar extensors

Hip flexors

Abdominal muscles

Hip extensors
ASSESSING YOUR SITTING POSITION
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 POSITION 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?