Hip Health Management in Rowing

Steve Leonard, EIS Physiotherapist, GBRT
Objectives

• Why is the hip important?
• What are the obstacles?
• How can we optimise hip health and function?
• A bunch of pictures and videos at the end!
Language

Familiarity with common terms used

Flexion
Extension
ADduction
ABduction
Internal Rotation (IR)
External Rotation (ER)
Anterior rotation (pelvis)
Posterior rotation (pelvis)
Why is the hip important?...
Kinetics & Kinematics of the Rowing Stroke

- Performance Reduction
- Foot Force Symmetry
- Poor LP Mechanics
- Hip Symmetry
- Injury Risk

Injury Risk
The role of the hip

Regional interdependence

Foot force

Stroke length

Predictor of LP flexion
Which is a contributing factor for LBP.
What are the obstacles...
FAI-Syndrome “motion related clinical disorder of the hip with a triad of symptoms, clinical signs and imaging findings”

Associated with reduced ROM, particularly flexion + Internal Rotation
The Anatomy
The Question...

Anatomy + Load + ? = FAI-S
Asymptomatic morphology

Abnormal Mechanics

Repeated Loaded Deep Hip Flexion

LOCAL
Increased compressive & shear forces

Symptomatic Hip

Lumbar Pathology

Movement Dysfunction
Athlete profiling

- Mobility
- Motor control
- Capacity
- Strength (stiffness/power)
“Pop Fitness Culture”

Things that make you feel good temporarily are addictive

Synthetic, temporary changes in range of motion aren’t the solution.
Mobility - Give the people what they want!
Now, What we really really want

What you want

What we want
Hip Joint Stabilisation: Dynamic

Taken from Lewis et al., 2009
LOAD! 2 birds 1 stone!

• **Goal:** hip joint stability
  • **How:** Psoas, Adductors, Abductors

• **Goal:** pelvic stability and control
  • **How:** Glutes, Posterior chain (hamstrings, glutes, erector spinae), trunk (lower abdominal), Motor control

• A lot of this will depend on where you are in your training age
Options to think about...

Get more information: take pictures, video footage, get data (if you’re a coach or physio) around hip, trunk and functional movements

Types of load and variety to elicit changes in tissue and movement – isometrics, tempo work

Tempo  Plane of motion

Isometrics  What are you trying to achieve?!!

Gymnastics/play sessions
Testing
Planes of motion...
Hip Hinge
Into practice...
Isometrics...
Any Questions?

Thanks for coming!