

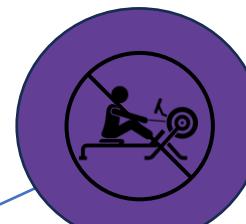
A Rower's Guide to Managing Chest Wall Pain

Once your symptoms resolve you can return to rowing. Be guided by your Coach and Physiotherapist or Doctor, they will ensure this is optimally managed.

Move your training to the static bike. If breathing or pushing up hurts, try cycling upright in the squat rack with a broom stick to rest your arms on. Your Coach will adapt your program. Engage actively in your rehab

If you have CWP cease all rowing related or gym activities that puts load on the rib cage. Do this for **4** days

Unload the Chest Wall



Tell Someone Early

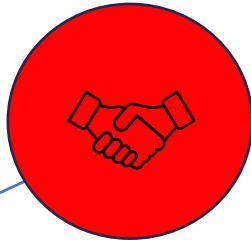
If you have CWP, tell your Coach right away. Acting early will help you recover faster



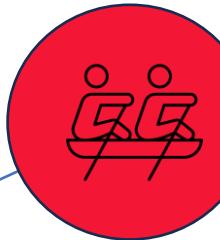
PRINCIPAL PARTNER
HANCOCK PROSPECTING

MAJOR PARTNER
 AIS

click QR code for RA Preferred Provider list



Return to Row



Work as a Team

Involve your Coach from the start.

You, your Coach (+/- Physio/Doctor/S&C coach) will work together to help optimise your recovery

Training & Gym Modification



Target All Risk Factors

Consider your overall physical & mental well-being. Are you sleeping & fuelling enough? Do you know your bone health status? Are you stressed or anxious? These will impact your recovery



Get Assessed

See a RA Preferred Provider Physiotherapist or Doctor[#]. They will undertake some specific tests and will review you again 5 days after your initial presentation to better clarify your diagnosis

