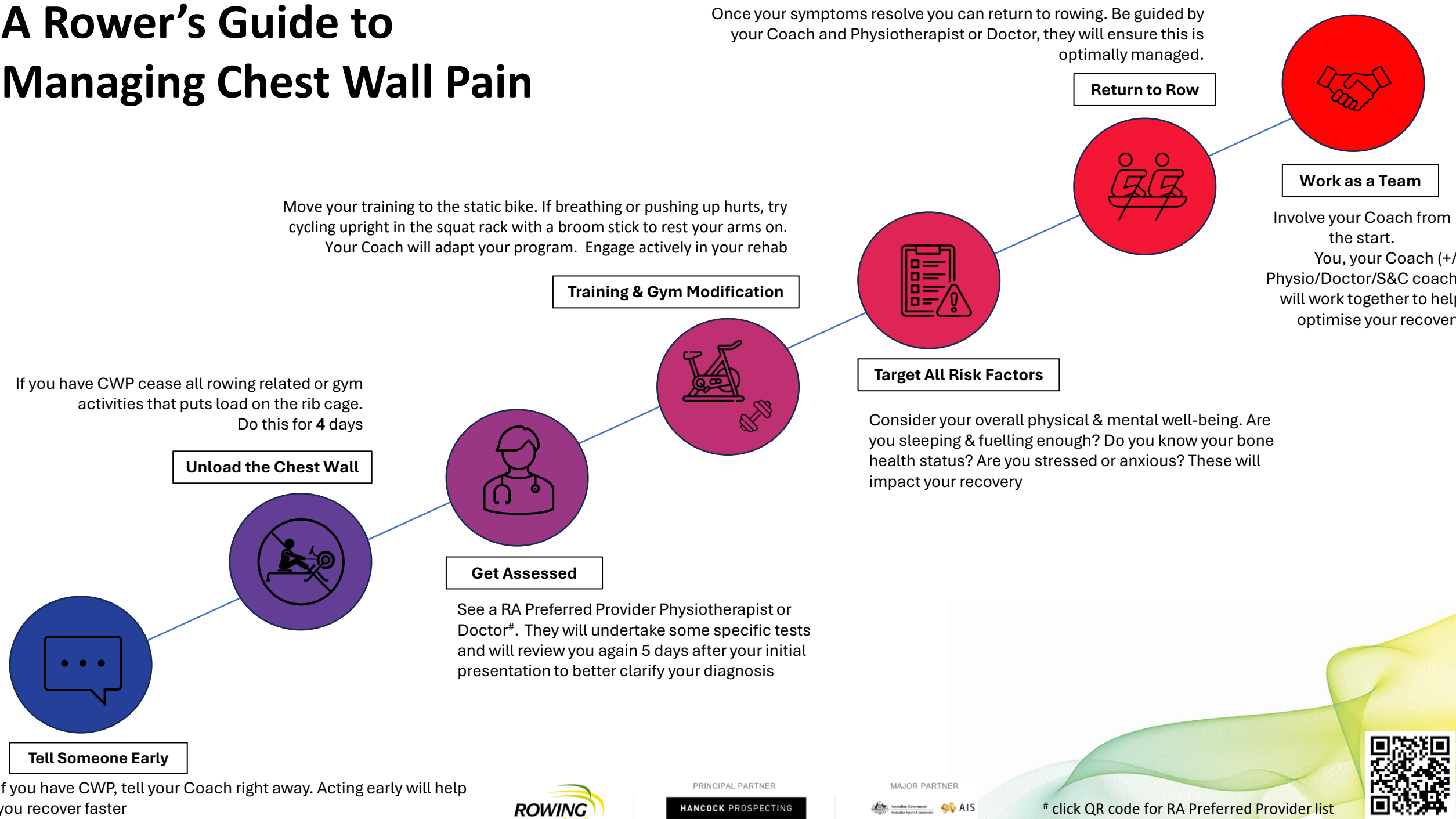


A Rower's Guide to Managing Chest Wall Pain

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.



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

click QR code for RA Preferred Provider list

