

A Rower's Guide to Managing Low Back Pain

“Rowing-related low back pain (LBP) refers to discomfort or pain in the lower back, between the lower ribs and buttocks, that occurs because of or is worsened by rowing or related training” *

Stop What Hurts

If rowing makes your back worse, if the pain is sharp, increases with activity or lasts >30 mins stop on water and erg training

Get Checked

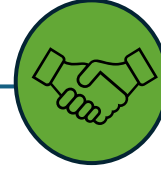
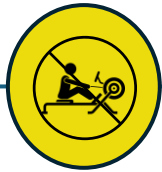
See a RA Preferred Provider Physiotherapist or Doctor #. They will figure out what type of back pain you have and recommend appropriate treatment

Keep Moving and Engage

Stay active. If sitting doesn't hurt, try cycling; if it does, walk and do light activities like stretching or rolling.
Resume rowing or the ergo if possible.
Chat to your Coach and Physio, they can assist you adapting your program to help return to full training.
Engage actively in your rehab

Understand & Plan

Learn about your injury
This will help manage your fears and involve you in making an optimal recovery plan



Report It Early

If you have LBP, tell your Coach, Physio or Doctor right away
Acting early can help you recover faster

Reduce your Pain

Use pain relief like paracetamol or anti-inflammatories as advised by your Doctor
Follow anti-doping rules (<https://www.globaldro.com/AU/search>)
Avoid prolonged positions such as sitting
Physiotherapy, heat and taping may help

What's your Health Status?

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

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



PRINCIPAL PARTNER

HANCOCK PROSPECTING

MAJOR PARTNER



It is important to distinguish LBP from normal training related muscle soreness or tightness, which typically feels like a dull ache or stiffness that improves with movement and recovery. Get assessed if you're unsure.

click QR code for RA Preferred Provider list



* It might sometimes extend into one or both legs and include other sensations such as tingling or numbness