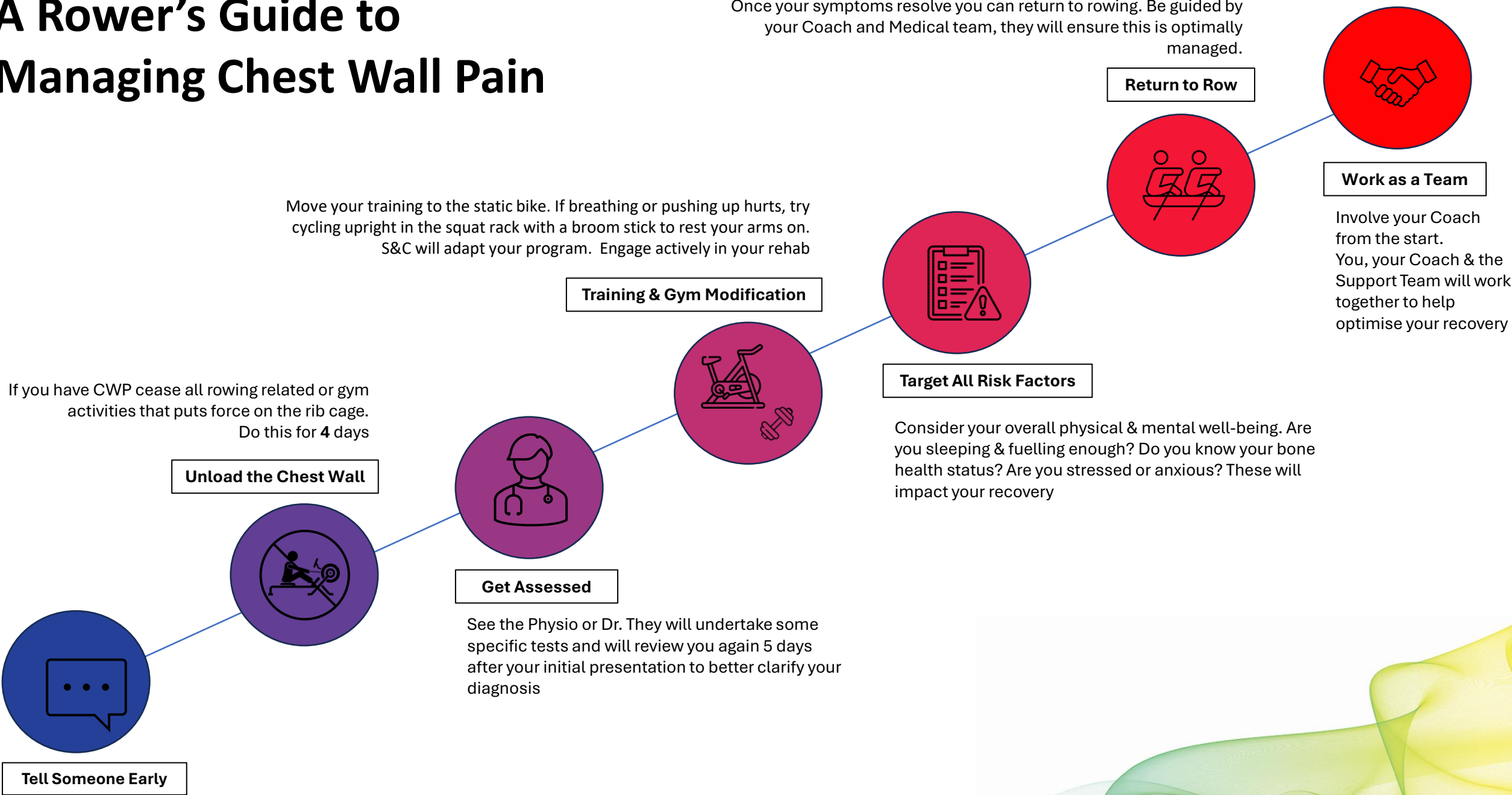


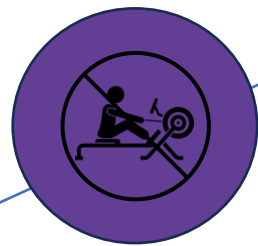
A Rower's Guide to Managing Chest Wall Pain

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



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

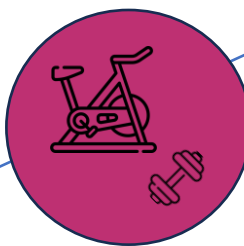
Unload the Chest Wall



Get Assessed

See the Physio or Dr. They will undertake some specific tests and will review you again 5 days after your initial presentation to better clarify your diagnosis

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

Return to Row



Work as a Team

Involve your Coach from the start. You, your Coach & the Support Team will work together to help optimise your recovery

Tell Someone Early

If you have CWP, tell your coach & medical staff right away. Acting early will help you recover faster

