

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 the Physio or Dr. 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 erging if possible. S&C will adapt your program to help return to full training. Engage actively in your rehab

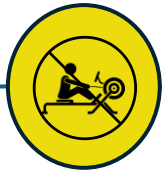
Understand & Plan

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 & Medical Staff right away Acting early can help you recover faster



Reduce your Pain

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



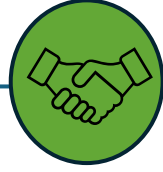
What's your Health Status?

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 and the Support Team will work together to help optimise your recovery



PRINCIPAL PARTNER



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.

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