

## Southsea Rowing Club

# ROWING SPECIFIC STRETCHING

### Introduction

We are aware that it is good to stretch as part of a warm up routine and to warm down. Stretching helps to avoid muscle stiffness and increased flexibility helps prevent injury. In addition, stretching can increase flexibility in ways which will improve rowing technique. It is therefore, helpful to include the following stretches into your warm up/warm down programmes.

Even on rest days some gentle stretching will improve your flexibility, which in turn means your joints and muscles will be more mobile when you exercise. If you make this and core strength training a life-long habit this will prevent injury and stiffness as you get older.

NB never stretch to the point of pain - be gentle on yourself

### Initial warm up

Please do not try to stretch from cold. 10 minutes light ergo or gentle jogging will warm up muscles and "wake up" your cardiovascular system.

### Warm up stretches

Stretch	Repeats	Why do it?
Seated roll down	10	Stretches neck and thoracic spine (particular problem with oarspersons - causing pain in chest and shoulders).
Shoulder rolls (forward and back)	10 each	Helps to mobilise shoulders and loosen upper back - helps you roll the shoulders at the finish of the stroke rather than just using the arms.
Neck stretches 1 & 2	3 each	Increases mobility in neck, useful for bowmen and scullers looking round (and reversing the car).
Bridging (on back) or pelvic bridge	10	Increases flexibility of middle and lower spine.
Knees to chest	5	Increases flexibility of lower spine.
Seated spine stretch	5	A hamstring stretch that helps with "hands, body, slide.
Full squat knee stretch	3	Good before and between leg press repetitions.
Calf stretch (straight leg and knee slightly bent)	3 each	Increases flexibility of ankle, helps to prevent that last quarter rush up the slide.

## Warm Down Stretches

As above plus

Stretch	Repeats	Why do it?
Glute stretch	4 each	Stretches the muscles in your bottom, helps with hands, body, slide.
The star 1 & 2	10 each	Lower back stretch - best of all for releasing tight lower back on each side - follow by "rest position" below.
Rest position (sphinx)	5	Opposite stretch to the star (push back into your heels to stretch the ankles - good for swimmers). Come out of this stretch by dropping your tail bone and sitting up straight on your ankles (roll ups).
Ham string stretch	3 each	Provides stability during "hands, body, slide."
Ham string stretch with partner	3 each	As above but slightly greater stretch.
Rowing in pairs	10	A hamstring stretch that helps with "hands, body, slide.
The dart	10	A shoulder stretch that increases shoulder blade stability (also good for swimmers).

JJW

January 2009