



Functional and Postural Assessment and Prescribed Exercise for Rowers

dr. Carlo Varalda



*Italian Rowing Federation
Italian Weightlifting Federation*

Functional and Postural Assessment and Prescribed Exercise for Rowers

Some of the purpose of assessment of the athlete are:

- 1. The start of the training:
 We are able to start an effective training*

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Some of the purpose of assessment of the athlete are:

2. Plan your training :

- We are able to optimize the mesocycle training*

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Some of the purpose of assessment of the athlete are:

3. Performance review

- We are able to monitor the progress with the training*

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The methods of analysis are:

- Postural Analysis*
- and*
- Functional Analysis*

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Postural Analysis:

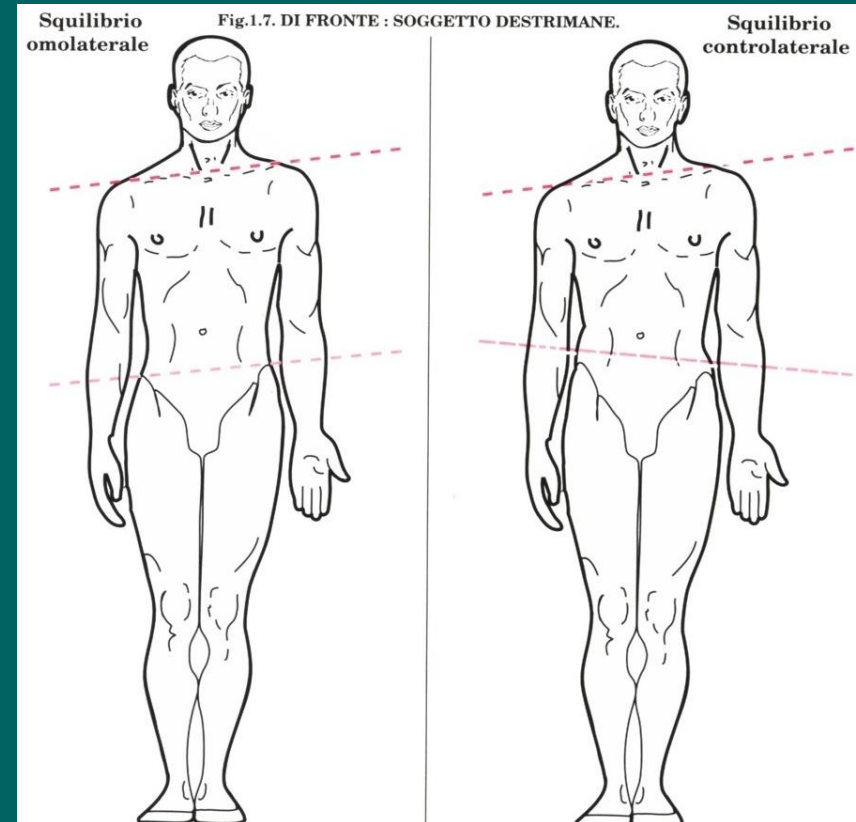
We can find the imbalance of the athlete

- ✓ We look the height of the shoulders and iliac crests*
- ✓ We look the physiological curves of the spine*

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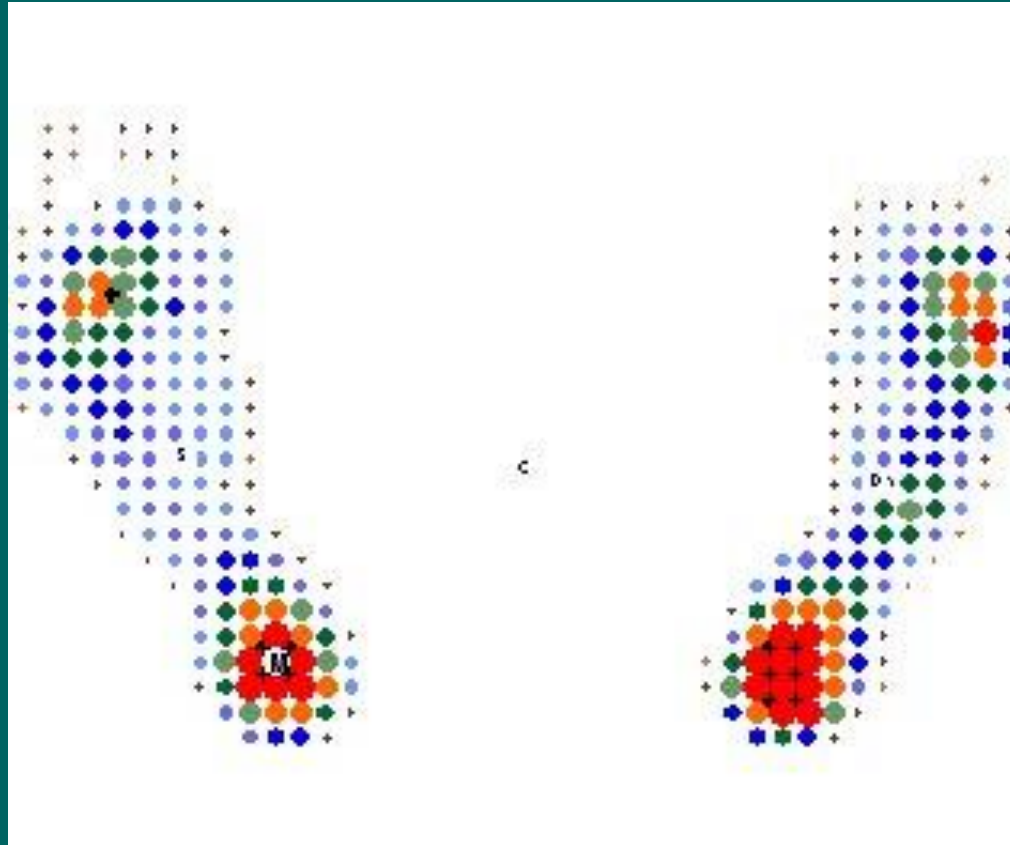
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height of the shoulders and iliac crests



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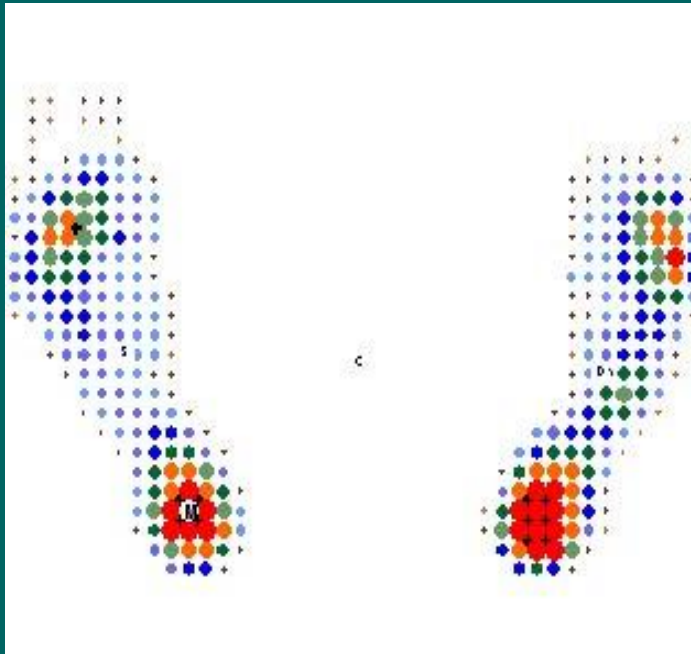
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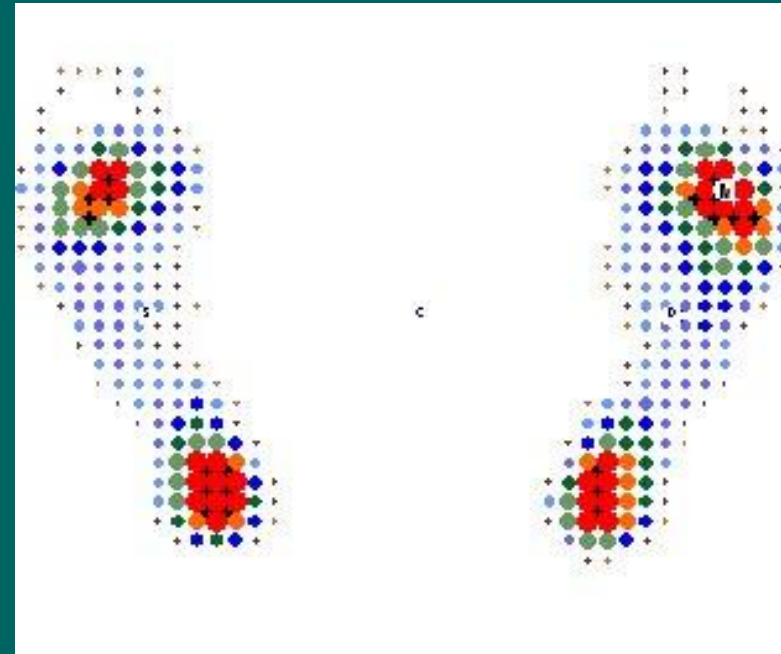
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***analysis of pressure centers,
first check***



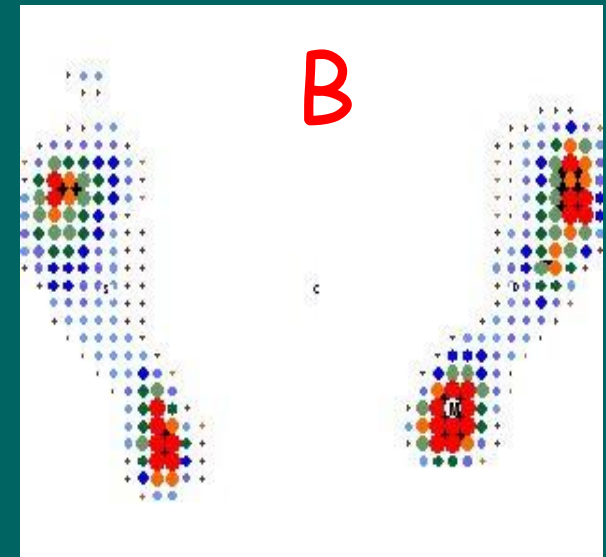
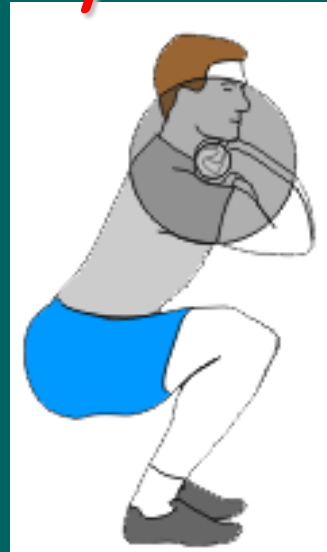
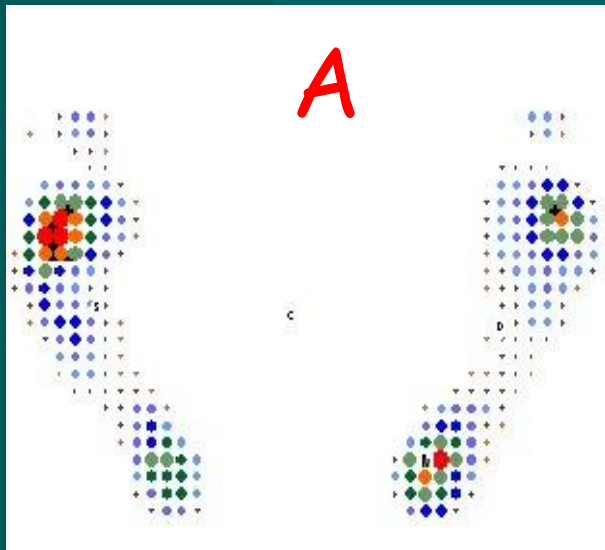
***analysis of pressure centers,
after specific training***



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analysis of pressure centers after clean
A first check
B after specific training



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Somatotype:

- ✓ *Important for the training modes in relation to the intensity*
- ✓ *We can remember the three type:*
 - ✓ *Endomorph*
 - ✓ *Mesomorph*
 - ✓ *Ectomorph*



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Somatotype



*Endomorph:
Muscle training requires a great
volume with medium-high
intensity*

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Somatotype

*Mesomorph:
Muscle training requires a continuous
alternating between volume and
intensity to avoid adaptation*



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Somatotype



Ectomorph:

Muscle training should be based on high intensity work.

The training session should be short to prevent loss of muscle tissue

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Functional Analysis

***Functional training is not just
about getting stronger or bigger ;
it is about reducing injuries and
improving performance***

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Functional Analysis

Functional training focuses on injury reduction through the use of progressively more demanding exercises, and at the same time on performance enhancement.

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Functional Analysis

"Single -joint movements that isolate a specific muscle are very non-functional.

Multi - joint movements which integrate muscle groups into movement patterns are very functional"

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Functional Analysis

***We can check the athlete for
the some aspects of physical
characteristics and muscle
quality***

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Functional Analysis

*With the "squat and jump" we
check the maximum and
explosive force*

*With the "counter movement
and jump" we check the
intramuscular coordination*

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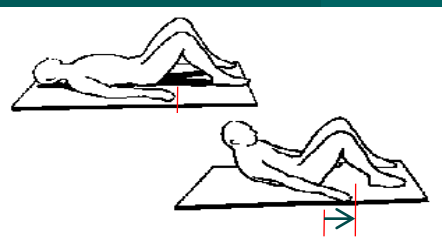


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Functional Analysis

With the "sit and reach test" we check the kinetic chain back

With the "abdominal test" we check the ability to use abdominal (proprioception)



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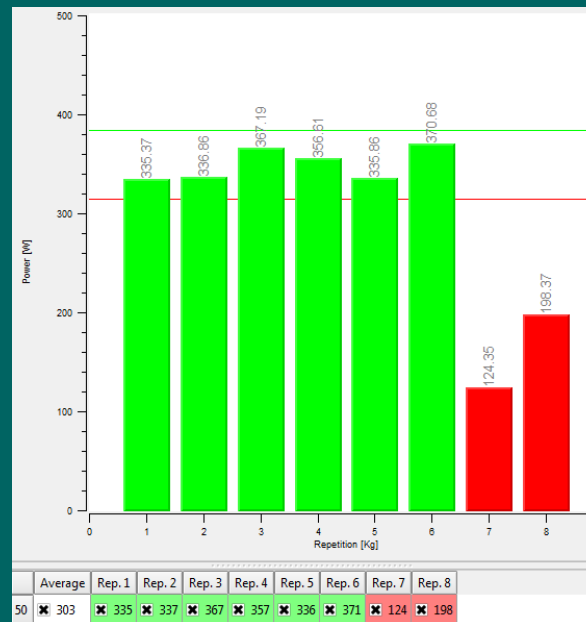
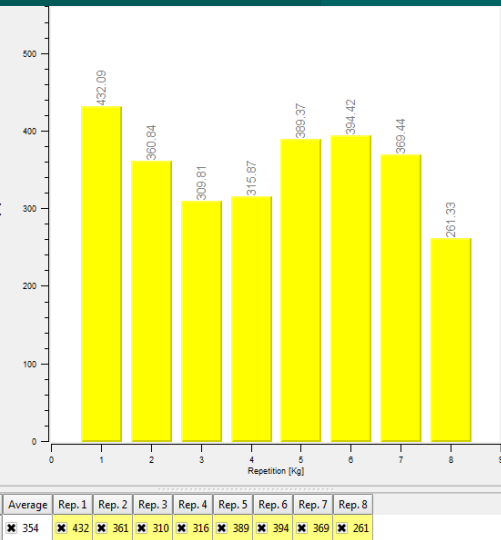
Analysis of training

***It's important to verify
whether training is giving the
request result from the
objective.***

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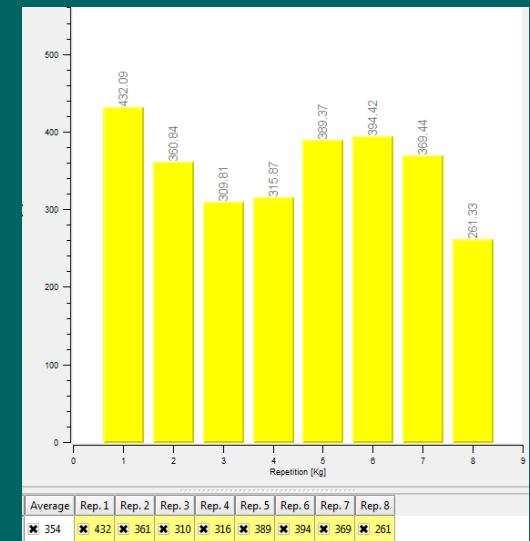
Analysis of training



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The first series serves us to understand the weight to be use.

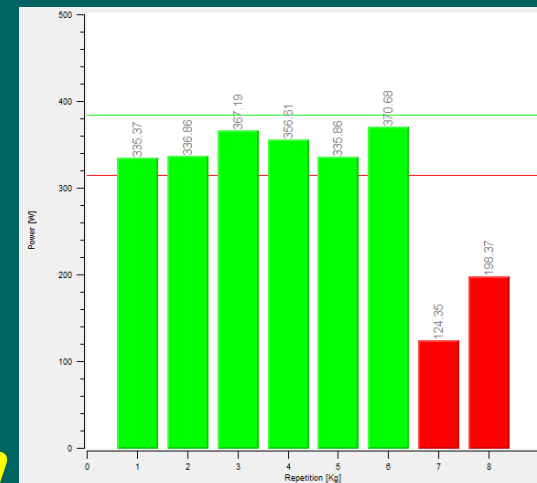


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Green bars indicate to us that repetition is to train the muscle quality searched.

Red bars indicate to us that the work is not longer correct.

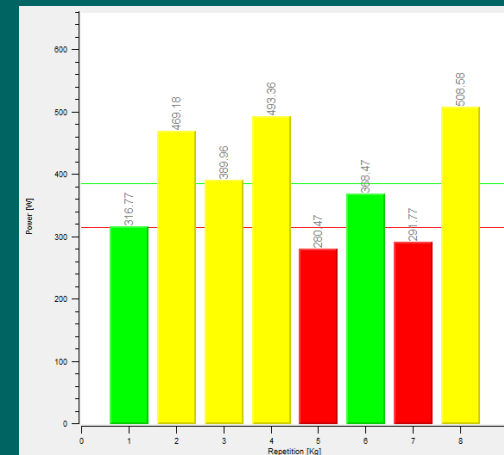


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Average	Rep.1	Rep.2	Rep.3	Rep.4	Rep.5	Rep.6	Rep.7	Rep.8	
50	303	335	337	367	357	336	371	124	198

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When we see bars of different colors, green, red and yellow, we can say that training is not bringing but we can have risk of injury or overtraining



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Average	Rep. 1	Rep. 2	Rep. 3	Rep. 4	Rep. 5	Rep. 6	Rep. 7	Rep. 8
390	317	469	390	493	280	368	292	509

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The correct execution of exercises:

We must control, always, that the exercise is done correctly.

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When you make mistakes you can have many problems:

The weight should not be to train your legs but you get the lumbar, Anterior Cruciate Ligament and patellar tendon

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When you make mistakes you can have many problems:

With this version, the barbell weight, 20 kg, produces a strain of the paraspinal muscle of 228 kg.



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***Thanks for your
attention***

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