



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:

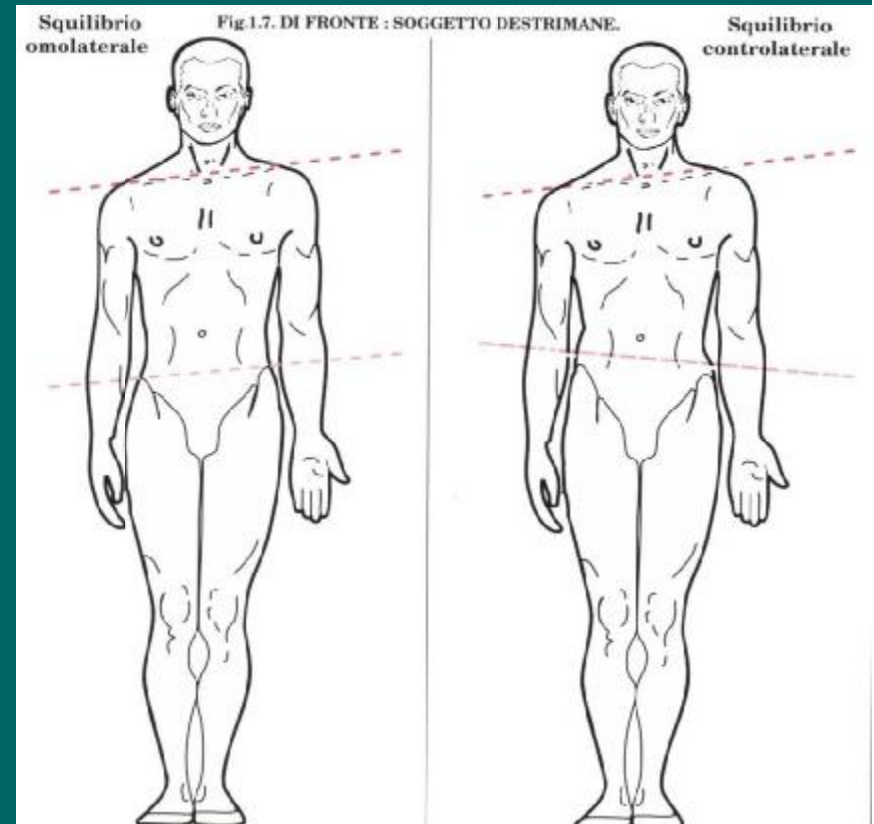
*We can find the imbalance of
the athlete*

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

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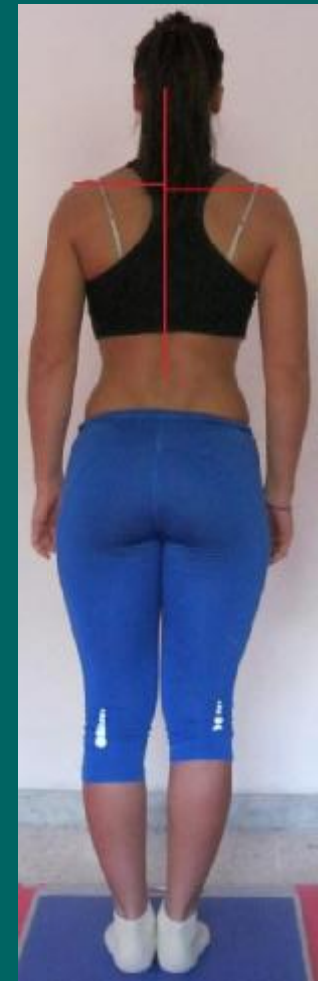
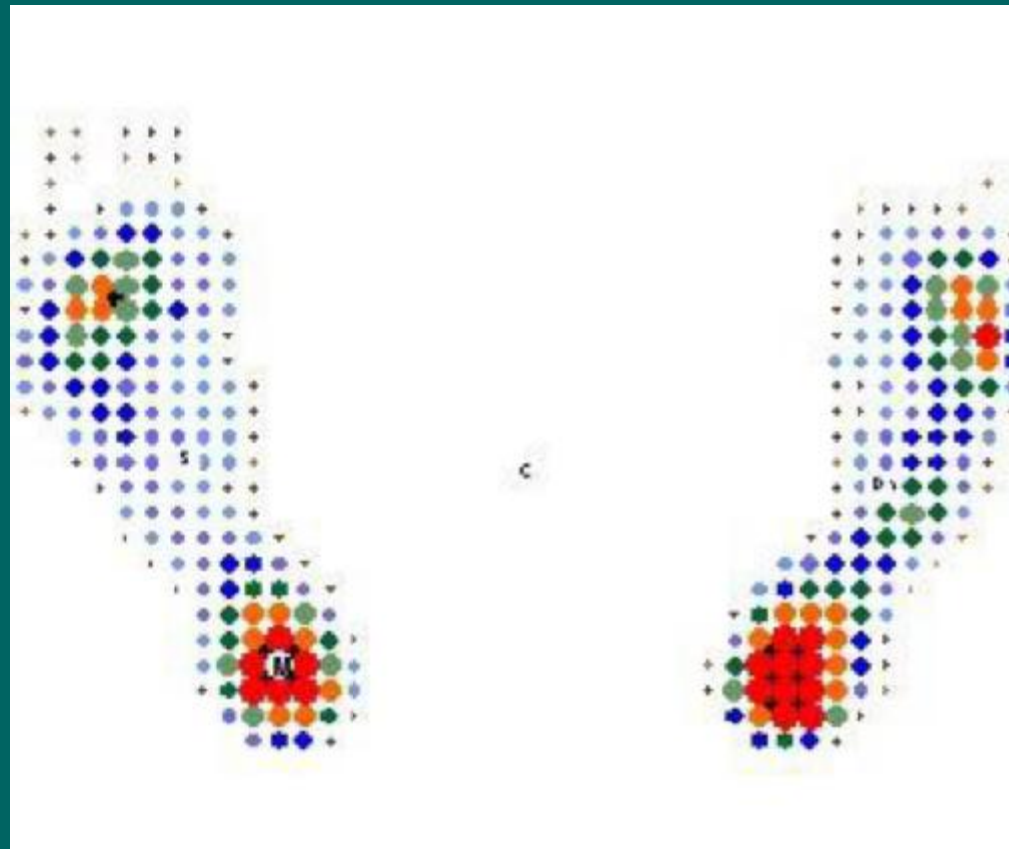
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*height of
the
shoulders
and iliac
crests*



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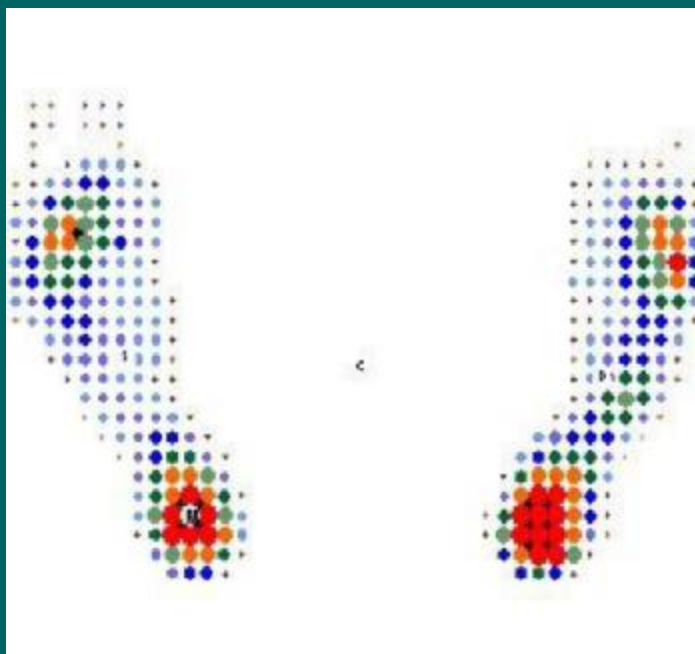
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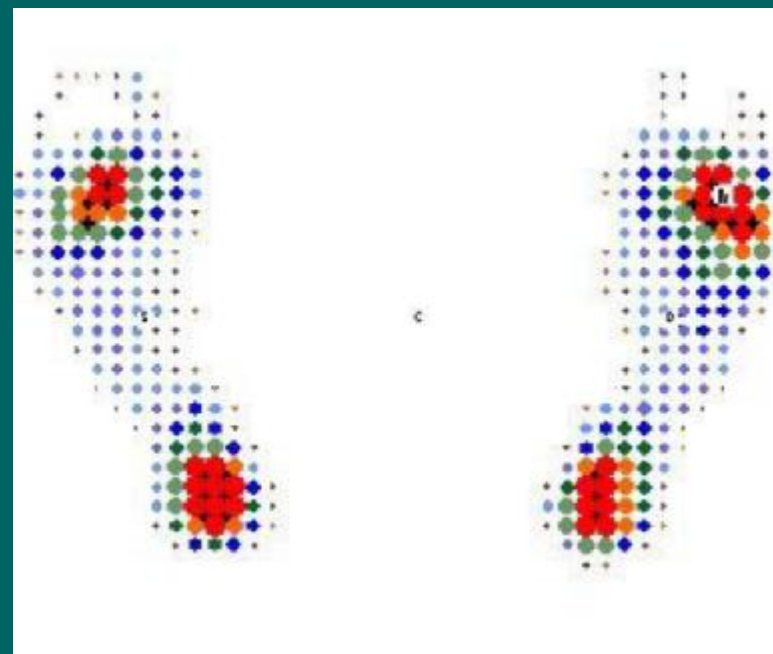
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*analysis of pressure centers,
first check*



*analysis of pressure centers,
after specific training*

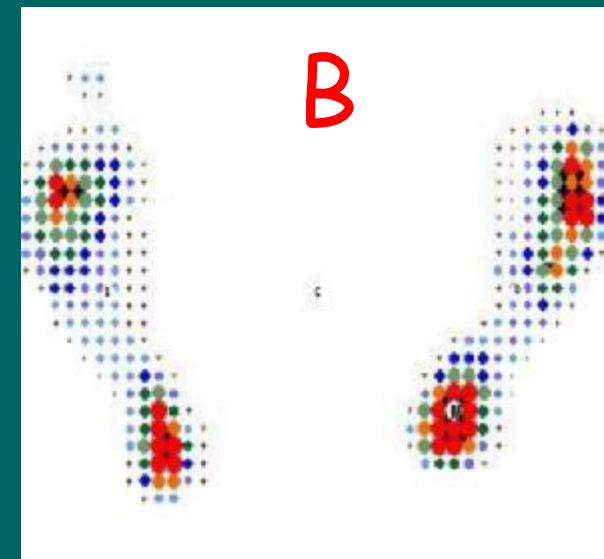
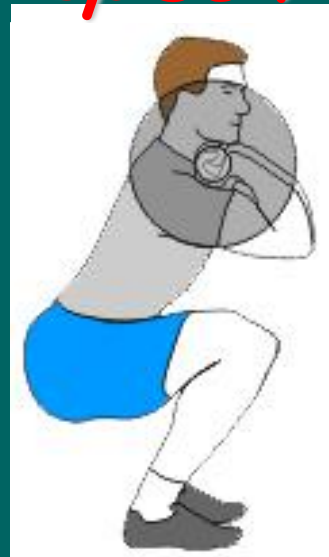
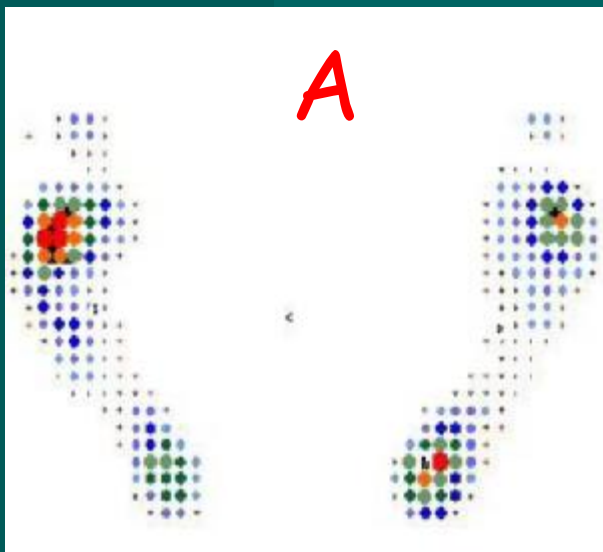


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analysis of pressure centers after clean
A first check

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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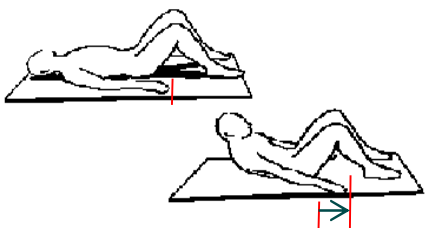


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Functional Analysis

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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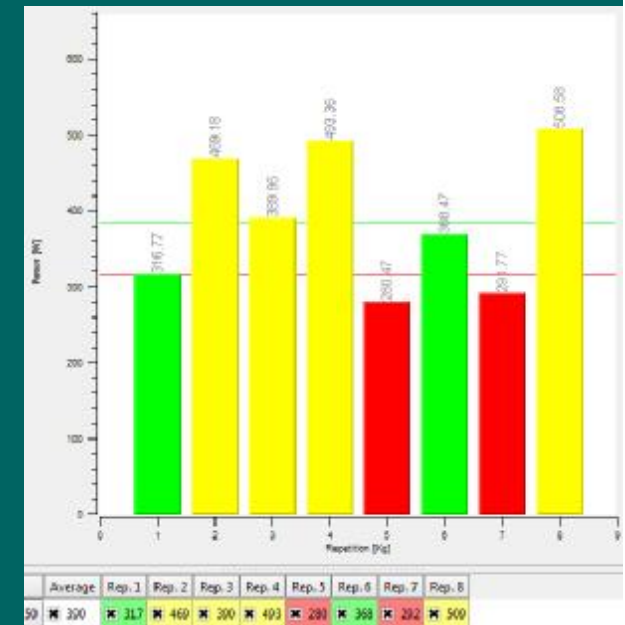
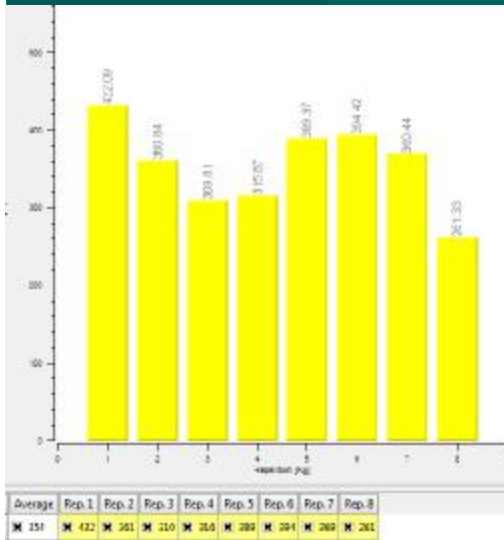
Analysis of training

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

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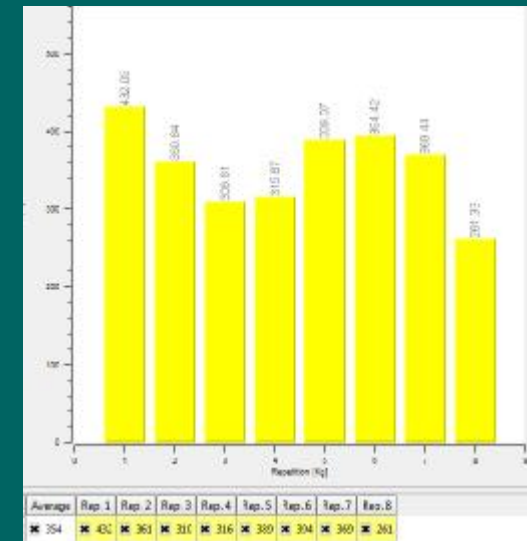
Analysis of training



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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.



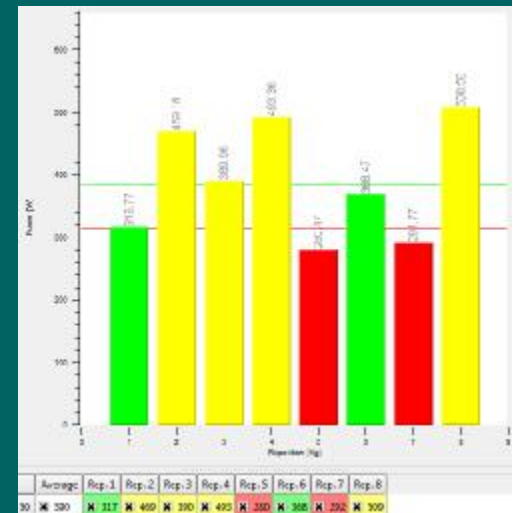
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When we see bars of different colors, green, red and yellow, we can say that training is not bringing but we can have risk of injury or overtraining



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*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 too heavy 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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