

Acute lowerback ache in Rowers

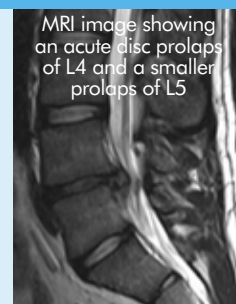
The case of Mighty Matt

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Rowing is one of the most demanding sports in the world. It requires repetitive and continual movement in the form of pushing, bending, twisting, and lifting. Back injuries are the most common complaint of rowers because of the repetitive movement as well as the constant seated position. Treating lower back pain in rowing is no different than for anyone else. It's best to try to prevent lower back pain in rowing. Strong abdominal and core muscles protect the back from injury. Matt did all his core exercises and stretching programmes as well as weight training religiously, but in spite of all this hard work he injured his back badly

As the popularity of rowing is on the rise, so are the number of injuries we've seen at our clinic that are associated with rowing. Lower back injuries accounts for 40% of these injuries. Two of the more common lower back injuries associated with rowing are lumbar disc herniation and spondylolysis / spondylolisthesis.

In the case of lumbar disc herniation, repeatedly flexing the spine forward can lead to a weakening of the outermost structure of the disc, eventually allowing the inner "jelly-like" material to bulge out. More often than not, this inner material protrudes posteriorly (backwards) and laterally (to the side). This movement of disc material can cause pressure and / or irritation of the nerves which exit the spine, often leading to sensations of pain, numbness and tingling or pins and needles into the buttock and leg. Many people refer to this pain as "sciatica" or "sciatic nerve pain". For many rowers, the repeated flexion and extension of the spine creates muscle fatigue and a loss of support, compression and herniation of the lumbar disc.



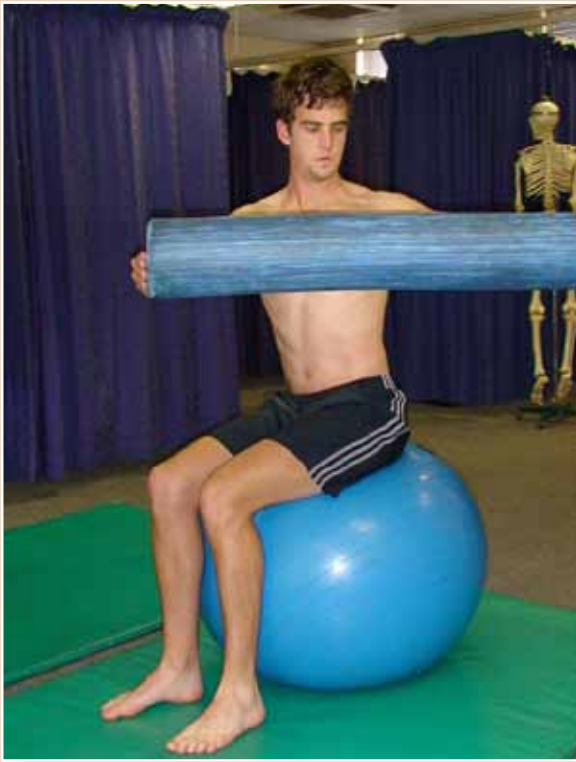
Mighty Matt had back ache that did not resolve with normal physiotherapy. His backache got extremely bad and Matt was referred for a MRI scan by the sports physician. The MRI scan confirmed that Matt herniated 2 of his lumbar discs causing acute nerve root compression. Because of the acute pain and compression on the nerves surgery was the only option and Matt was operated on by a neuro surgeon within a week of the final diagnosis. The disc material that was compressing the lumbar nerve root was removed.



Deep muscle releases on the physio bed

Matt wore a back brace for 6 weeks and started on day 3 with very specific neural mobilization exercises and static muscle contractions. He started with a walking programme in week 3 and was soon on the road to speedy recovery. The physio team started with Matt's rehabilitation in week 4, progressing the exercises with the help of the biokineticists every week.





SOME EXAMPLES OF
MATT`S REHABILITATION EXERCISES

High Performance Centre Physiotherapists

012 362 9850 / physio@hpc.co.za



General sports physiotherapy practice which also offer:

Biomechanical Analysis

- Functional movement analysis to identify :
muscle length- and strength imbalances
movement impairments
areas at risk for injury
- Correction of the above and injury prevention
- Pre-season preparation
- Stretching programmes
- Strengthening programmes
- Identification of incorrect muscle recruitment patterns with correction

Massage

Includes sports, pre-event, recovery, lymph & pregnancy
Massage therapist also available

Individual and group Pilates classes

Whole body exercise which challenge people on all movement ability

- Improves posture
- Strengthens stabilisers
- Improves flexibility
- Breathing technique
- Improves circulation
- Skill-based conditioning
- Relaxation

Osteopath on site (Monday & Wednesday AM)

Spinal alignment and postural correction

Pre-Season Special !!!

Biomechanical Analysis R350 (Includes evaluation and 2 week exercise programme)