

Stretching Techniques

The following are stretching techniques for rowers were suggested by Dr. Tim Hosea. Dr. Hosea has served as the national team physician at numerous international competitions including the 2000 Olympic Games. He also worked for the USOC as a team doctor at the 1995 U.S. Olympic Festival and the 1999 World University Games. Dr. Hosea is the chairman of USRowing's Sports Medicine and Research Committee.

Iliotibial Band, Lateral Hip & Lumbar Paraspinals

Position: Lying on your back, bend your hip and knee to 90 degrees, place your opposite hand on the knee while keeping the opposite leg extended straight.

Motion: Gently pull knee and leg across the midline of the body, turn head toward opposite side and extend arm.

Purpose: To stretch the iliotibial band, lateral hip and lumbar paraspinals.

Tips: Keep shoulders flat!

Psoas (hip flexors)

Position: In 1/2 kneeling position, with right foot flat and knee at 90 degrees.

Motion: Gently lean body forward over the front foot keeping your back and torso straight while extending the hip.

Purpose: To stretch the psoas and anterior hip.

Tips: Keeping your back up straight will enhance the stretch.

Thoracic, Lumbar Paraspinals, Lateral Rotators of the Hip and Ribs

Position: Sitting with one leg bent over and extended opposite leg. Rest your elbow on the bent knee.

Motion: With the opposite arm resting on the ground, use the elbow resting on the bent knee to rotate your body slowly and turn.

Wrist Flexors

Position: Sitting with arm extended in front of you at 90 degrees, use your opposite hand to grasp the fingers.

Motion: Slowly extend the fingers so they are pointing upward.

Purpose: To stretch the forearm, wrist, and wrist flexors.

Tips: Stretch should be felt in the forearm and not the wrist joint.

Posterior Rotator Cuff and Capsule

Position: Standing with arm in front of you with elbow bent, use the opposite hand to hold underneath, just above the elbow.

Motion: Slowly pull across your body toward the opposite shoulder.

Purpose: To stretch the posterior rotator cuff and shoulder.

Tips: Stretch should be felt behind the shoulder while doing this stretch.

Quadriceps

Position: Side-lying with top knee bent, extend your hip. With your hand holding the top of the foot, opposite arm will cradle your head.

Motion: Pull the foot backwards and up, bending the knee and extending the hip.

Purpose: To stretch the quadriceps and psoas muscles and the tissues of the anterior thigh.

Tips: Pain should never be felt in the knee joint.

Hamstrings

Position: Sit with leg to be stretched extended on the ground with foot and toes pointed upward. Opposite leg should be bent with bottom of foot touching the straight leg.

Motion: Move hands forward along the leg toward the toes, leaning and bending from the waist while keeping your back straight.

Purpose: To stretch the hamstrings and calf muscles.

Tips: Make sure to keep your back straight and knee extended fully.

Hamstrings II

Position: Lying on your back with your leg extended against the wall and opposite leg extended straight through the door way flat on the ground.

Motion: Slowly extend the knee keeping the foot and toes pointed toward your head.

Tips: Keep your back flat and knee as straight as possible.

Gluteals

Position: Lying on your back, right leg to a 90 degree angle, place the left foot onto the front of the right knee, using your right hand to hold the leg.

Motion: Use the left hand to push onto the front of the left knee, extending your elbow.

Purpose: To stretch the gluteals and posterior hip musculature.

Tips: Pulling the leg closer to the body will enhance the stretch. No pain should be felt in the knee joint.

Gastrocnemius, Soleus & Achilles Tendon

Position: Standing facing a wall or tree, separate your feet, elbows straight and hands on wall/tree.

Motion: Slowly bend the forward knee, keeping your back straight, bending your elbows and moving your body toward the wall/tree.

Purpose: To stretch the gastrocnemius, soleus, and Achilles tendon.

Tips: Be sure to keep the heel of the back leg touching the ground. Don't let it lift up! Keep your toes pointed straight.

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