



Great Britain Rowing Team Guideline for Diagnosis and Management of Rib Stress Injury: Part 2 – The Guideline itself

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See next page/scroll down for a PDF of the Guideline which can be reprinted and posted free of charge while acknowledging the source (Great Britain Rowing Team Guideline, *BJSM* 2016). See also related paper 'Great Britain Rowing Team guideline for diagnosis and management of rib stress injury: part 1' by Evans G and Redgrave A. *Br J Sports Med* Published Online First: 1 December 2015. doi:10.1136/bjsports-2015-095126



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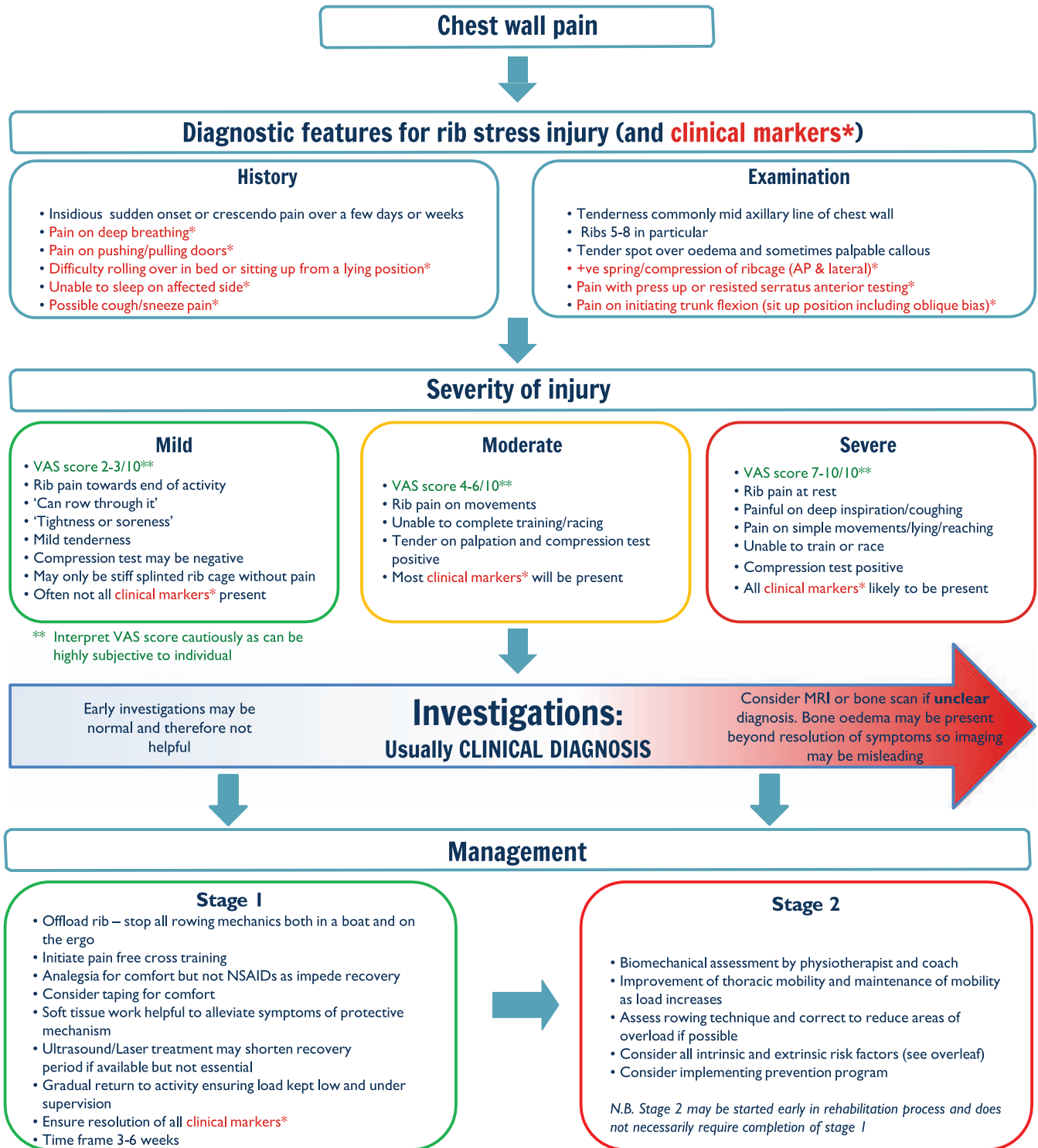
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Rib Stress Injury: Guidelines for Diagnosis and Management



Definition: Rib stress injury is the development of pain due to bone oedema caused by overload along the bone shaft



See overleaf for intrinsic and extrinsic risk factors for rib stress injury

The GB Rowing Team is the High Performance Arm of British Rowing

Rib Stress Injury: Risk Factors to Consider



Intrinsic factors

- Poor trunk/strength/endurance
- Poor trunk mobility/flexibility
- Concurrent shoulder pathology/injury
- Low back injury
- Previous rib injury
- Lightweight rower
- Female
- Reduced bone density
- Weight loss
- Relative Energy Deficiency in Sport (RED-S)

Extrinsic factors

- Rowing or erg at high load/low rate or over geared
- Rowing against strong wind/current
- Rapid increases in training load/volume/intensity
- Long steady state rowing
- Change from sweep to sculling and vice versa
- Change from rowing to ergo or vice versa
- Change from large to small boat
- Rigging over geared or too much height

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