

2012

London Olympics

48 days, 4 hours

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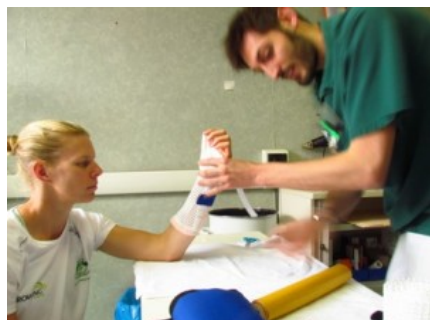
MEDIA

RowingChicks

official site and blog of the Australian Women's Rowing team



Sarah Tait and Managing Injury



With 52 athletes travelling with the Australia Rowing Team, it is common that at any one time, there will be at least a couple who are managing injuries and plenty of others with the aches, pains and niggles that come with 25-30 hours of training a week. At the moment I am one of the athletes managing an injury.

It's no disaster being injured, but it does call for modified training, and some lateral thinking by the athlete, coaches, and support staff to

maintain fitness and return to full training/racing at the appropriate time. There is nothing worse than returning from injury too early and ending up back at square one with your recovery.

My injury came about just a few days after landing in Europe before the World Cup in Lucerne. It is a problem in my forearm where two tendons cross over. These tendons have become inflamed causing them to rub together. Without resting, the inflammation increases and the problem will not disappear.



As we were just a couple of days out from racing when the problem arose we (coach, team doctor, team physios, athlete) decided to continue through the regatta as far as we could and then begin the resting period. This meant that our preparation for racing in Lucerne was quite limited, but we felt that we made the right decision in getting some racing experience against the other pairs from around the World. A combination of taping, ice, wrist brace and anti-inflammatory medication got us through each race.



PIC OF THE DAY

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Brooke Pratley





Once arriving in our training base in Italy, the treatment has changed slightly. I was sent off to Milan (sounds fun!) to have a cortisone injection in my wrist (doesn't sound so fun any more!) by a guru orthopaedic surgeon called Loris Pegoli <http://www.drpegoli.com/>. He is an expert in sports hand and wrist injuries and has worked with all kinds of famous athletes. He was so generous with his time, and he also oversaw a hand therapist at the hospital (Simone) who made me two custom splints- one for resting and one for rowing.



So I left the hospital with a wrist full of cortisone, a kick ass (and comfortable) splint, and a positive attitude about how I would get through the next four or five days out of the boat. The medical staff have approved the program I am following which includes two to three sessions a day on the stationary bike mimicking our on water training, and one session a day in the gym continuing with my lower body and right hand side upper body weights and heaps of shoulder stability and strengthening work. My pair partner Kate has been lucky enough to get out rowing in the Women's Eight over the last few days and has also been continuing with her ergo work and gym program.



Last year, Phoebe Stanley and I spent six weeks out of our pair doing cross training due to injury, and we felt extremely fit and ready to go when we hopped back in just prior to the final World Cup. The training out of the boat is stepped up a notch, and when you finally get to rowing again you have a renew vigour and excitement for rowing!

So hopefully the cortisone has done the trick and we will be back and raring to go for the Munich World Cup in a week and a half. If not, we will revert to plan C, and will be remembering that the big prize this year is the Olympics, not the third World Cup!

A huge thank you must of course go out to the all the medical staff that have been helping the Rowing Chicks for this part of the tour to get us to the start line in the best shape, and the finish line in the best place- Dr Kryz, Mick and JP, Lauren and Emidio.

-Sarah



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