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## **INJURIES PREVENTION SERVICE**

The CRLP has an injuries prevention service, managed by professionals, focused on high level athletes, especially in rowing. The service has the purpose to prevent injuries and optimize the biomechanics system functions.

There is a new classification of Muscle Injuries, recognised by the International Scientific Literature, that describes 2 types of Muscle non structural injuries:

- type 1: induced by effort, D.O.M.S.,
- type 2: induced by neuro muscular disorder linked at muscle or linked at back/pelvis disorders. <sup>1,2</sup>

Every group can choose the most suitable route for their athletes, among those proposed.

## **INJURIES PREVENTION**

The professionals in our centre propose to analyze each athlete with a Test, this test shows the risk injury. Afterward, the professionals provide to analyze results and propose 2 different routes.

**ROUTE A:** our professionals define with the team coach a time in which athletes do preventive exercises, managed by Dott. Marco Ferretti.

**ROUTE B:** Marco ferretti and Carolina Martinelli develop preventive exercises circuit, scheduled for each athlete. The athlete can perform its circuit alone or checked by professional, if requested.

## **INJURIES PREVENTION AND BIOMECHANICS OPTIMIZATION**

Marco Ferretti e Carolina Martinelli propose to perform the injuries risk test and a biomechanic schedule of each athlete. There are 3 different routes proposed:

**ROUTE A:** the athletes are divided in small groups, similar for injuries risk and biomechanics disorders. They do preventing exercises with Marco Ferretti.

**ROUTE B:** biomechanic examination + route A + biomechanic examination. Managed by Marco Ferretti, Carolina Martinelli.

**ROUTE C:** Route A + Route B + muscle unload every week. To minimize the muscular effort, professional can use massage or other incisive techniques.

In the rowing center there is an office for physiotherapeutic and osteopathic treatments.

Everyone, athlete or not, can make an appointment.