

## TREELINE WOMENS CLIMBING FESTIVAL SQUAMISH SEPT 9/10TH 2017

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Seminar 1 Saturday

### **Injury Prevention for Climbers**

#### **- Body Warm Ups & what it means to warm up**

- Get warm! Focus on breathing, increasing heart rate, switch on fingers, core, hips & shoulders, and your mind, esp. after a days work, study, driving, or a period of sitting.
- Examples: burpees, inch worm arms lead/legs lead, mountain climbers, sumo squats into turned split squat with torso rotation, supermario lunge jump, curtsy squats/curtsy side jumps, Single Leg bridges (didn't do but look them up they are great for warming up &/or strengthening heel hook muscles), pressing & pulling (using body weight or suspension straps, assisted pull ups, overhead theraband), tree root hopping & landing if bouldering.
- Check out [Bettyrocker.com](http://Bettyrocker.com) for conditioning ideas/training. I love her stuff!!

#### **- Technique & technique climbing warm ups**

- Easy climbing, positive holds, avoiding flash pump, or if this is not possible, then more of an active **Body Warm Up**
- Technique focused climbing: ex; control or avoid elbow & finger hyperextension, footwork, stepping feet up more than usual, body tension, clipping, falling
- Watching elbow creases on sidepulls: crease face in not up to ceiling or sky
- Diaphragm breathing & fluid motion on the wall
- No lock offs longer than 4 sec
- Straight arm clipping, climb higher if need be
- Think of feet, hips & pushing with legs
- Elbows tucked in when pulling (no "chicken winging" at shoulders or elbows flaring outwards when pulling or in lock off position)
- Work on your technical weaknesses during your warm ups; ex: take falls, avoiding clipping above your head, move slowly down then fast up on easy holds to switch on power muscles, or any other technique tips mentioned above, or issues discovered during coached sessions.

#### **- After climbing exercises & tips**

- Harder set of Body Warm Ups (increase lever arm, weight, reps, instability)
- Antagonist & Body Weight training (see Sunday)
- Static stretching after or the next day stretch holding times 20-60 sec 1-2x is all that is needed to be effective in increasing flexibility.

Seminar 2 Sunday

### **Antagonist & Body Weight Training: how it improves your climbing & helps prevent muscle imbalance**

- Antagonist training is working the muscles/movement patterns that are less dominant to climbing moves: pressing and lifting type movements. You do use/need this strength when climbing harder grades, award trad routes and for bouldering, so it is important to train anyway. For climbers antagonist exercises are: push up varieties, military press or

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hand stand progressions, finger extension (band or power finger finger & thumb openings) and wrist extension (palm down curls), radial deviation (holding a sauce pan or frying pan in front of you keeping thumb side up and engaged and you can even do reps in the kitchen if you fancy with a full sauce pan or bottle of wine! :)

- Difference between closed & open chain exercises: open chain exercises are the first curls, radial deviation, shoulder lifts, military press, the T.Y.I's we discussed. Closed chain are push ups, pull ups, squats, plank variations, hand stand variations we discussed. Closed chain will work your core and whole body more and will promote "co-contraction" of all surrounding muscles of your wrist, elbow, shoulder and torso muscles which is great for stability strength, which is crucial for mobile/"floppy" lady joints (for want of a better expression!! :))
- Press Ups: wide, staggered (one hand up and one hand low and swap), narrow, overhead diamond, hand stand walk progressions (feet on chair or sofa top/rock/tree then walking feet up a wall as you walk arms in to face the wall)
- Core: Front Plank/Side Plank variations : if using straight arms watch elbow creases and keeping them slightly bent and creases facing inwards to each other