

Adapted Rowing Machine (AROW) Set-up

1. chest pad
2. chest pad adjustment lever
3. chest pad adjustment arm
4. chest pad connector
5. lap pad
6. lap pad adjustment lever
7. damper lever
8. wooden base plate



1 Position casters on base plate.



2 Position lap pad close to waist but not squeezing belly. Apply brakes.



3 Clip strap around wheelchair frame and pull taut.



4 Loosen the lap pad lever to adjust the position of the adapter arm.



5 Gently push down on the lap pad so that it sits firmly on thighs.



6 Tighten lap pad lever to lock the lap pad in place.

ATTACHING THE CHEST PAD (OPTIONAL)



1 Push chest pad AROW in chest pad connector.



2 Loosen chest pad lever. Adjust height. Tighten lever to lock in place.



3 To remove the chest pad, pull up on the chest pad AROW to release it from the connector.

ADJUSTING THE DAMPER LEVER



1 Before you begin rowing, adjust the damper lever.

- Adjust the damper lever between 3 - 5 (using a cane or stick if desired).
- The damper adjusts how the “row” feels and does not directly affect the resistance.
- 9-10 feels like a heavy slow boat
- 3-5 feels like sleek fast boat.

CHANGING THE ROWING HANDLE



1 Remove the handle by twisting the larger nut on the caribeenner to open.



2 Replace the handle of your choice and tighten the caribeenner.



3 Position the handle on the holder until you are ready to row.

IMPORTANT NOTE:

Ensure the chain is well supported on the holder before you remove the handle. Without the handle, the chain will recoil into the flywheel portion of the erg, potentially damaging the rowing machine and making it very difficult to retrieve.

The AROW has been developed as part of a research project. To find out more or provide us with feedback, visit bcit.ca/arm.

Rowing Technique

(shown with chest pad)



Concentrate on keeping elbows to the side and close to the body. Shoulders should be relaxed and kept low. Hands should grip the handles comfortably, not a death grip.

Rowing motion should be comfortable, smooth and use full range of motion. Reach as far forward and pull back as far as possible. When pulling back think about squeezing shoulder blades together.

Find a smooth comfortable cadence.

Intensity/work level is a combination of stroke rate and how hard you pull. Going faster does not necessarily mean you are working harder.

CATCH

Reach as far forward as possible, then start to pull back.

Arms should be straight, head neutral (not looking up), shoulders level, upper body leaning forward if possible.



DRIVE

Start with the trunk. Once vertical then pull with the arms. Elbows should stay low and to your sides.



FINISH

While pulling fully back with the arms use trunk to lean back a little bit if possible - 11 o'clock. Make sure shoulders are still low and level. Hands and grips are between the belly button and mid chest. If using a two handed handle, you can rotate your grips to a horizontal or vertical position as comfortable to strengthen shoulder girdle. Keep head and trunk in line, head in neutral. Pull back as far as possible. Think about squeezing shoulder blades together.

RECOVERY

Start to lean forward. Extend arms. Keep shoulders low and level. Allow shoulder blades to relax and extend reach.

