

Ridgewood Rowing

Injury Prevention & Treatment



Meet Michael C Stewart, DC, CCSP, CKTP, ICCSP

- 20 Years in Practice
- Specializes in the Treatment of Sports Injuries & Family Care
- Treated Olympic Rowers at the Olympic Training Center in Chula Vista, California
- Team Chiropractor– US Paralympic Cycling Team 2014/2015
- Certified Chiropractic Sports Physician
- Certified Kinesiotape Practitioner
- Past President of the NJ Chiropractic Council on Sports Injuries & Rehabilitation, PA
- Owner of The Center For Wellness & Rehabilitation, LLC– 16+ Years
- Utilizes several forms of manual and passive therapy treatments
- Strongly believes in preventive care and proactively strengthening the body specific to the team sport
- Sideline physician work includes cycling, gymnastic, football, martial arts, fencing, bowling, and softball



Rowers are susceptible to repetitive stress injuries associated with the demands that rowing puts on the body. Injuries are common to the back, neck, shoulders, forearms, hips, knees, and ankles/calves. The quick contraction of muscles mainly during the pulling phase of the stroke is when most injuries occur, and the injury will occur at the beginning of a rowing session or towards the end when fatigue is experienced. Proper warm-up, and pre-season training is imperative to prevent injury. During the pre-season and season having regular chiropractic and stretching sessions helps to significantly reduce the chances of injury.