

Health

HOW DO WE CLIMB?

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A long time ago this was a question that we all had to face, along with how to walk, talk and whether it was to put that stickle brick in our mouths. We developed the ability to move and therefore climb without the training articles and performance DVDs but most of us still managed it (with differing degrees of ability)

Our skeleton provides a frame to hang everything else onto and protection for vital organs.

We can look at it slightly differently; it generates all movement. The length of a limb and the relative position of the muscle attachments determine the ability of the climber. For power, shorter levers are more effective and if the insertion point of the muscle is further away from the joint then this shortens the lever even further giving a significant mechanical advantage. Have a look at your own brachioradialis muscle (your drinking muscle) – hold your arm as though tightly gripping a pint glass and it should be clear across your forearm. I have put in a comparison with mine (Figure 1) and a climber known for achieving E10 (Figure 2).

Bones become stronger the more we use them – bone tissue develops density across the site of pressure and accidents aside our skeleton is generally pretty robust. A few things to be mindful of however are the growth plates of children, stress fractures in your foot and shin splints (look them up).

Our skeleton changes shape with time; as we grow older and in response to training. A visit to your local physio will highlight some 'misalignment' or impingement which can be easily corrected but often just needs pointing out in the first place. Be especially careful teaching



FIGURE 3: A PULLEY RUPTURE INCREASES THE DISTANCE FROM THE FULCRUM AND REDUCES THE LENGTH OF THE LEVER. IN THIS EXAMPLE, THE LEVER IS REMOVED ALTOGETHER

teenagers and pay attention to what your clients are saying.

Our bones are held together by ligaments. These are strong, inflexible cartilaginous tissue with a poor blood supply (with a few exceptions). Think about their role in terms of a dead hang – your fingers, wrist, elbow, shoulder and all the way down to your toes would just fall apart without strong ligaments. In fact, many people do fall apart (become injured) because their ligaments are not strong. It takes eighteen months to two years of regular conditioning to significantly increase the strength of ligaments and finger ligament injuries are by far the most common cause of complaint in climbers.

'Climber's Finger' was unheard of before the '90s and was coined by Steve Bollen, an orthopaedic surgeon

who identified a rupture to the A2 pulley of the ring finger as being specific to pulling hard on a climbing wall. It is interesting to note that after a full recovery from such an injury the relative size of the lever has been reduced in the finger and that joint should be stronger (Figure 3). When beginners complain of their fingers being tired you may have observed that they are massaging their fingers and not the muscles of the forearm. This is because it is their ligaments that have been tested.

Damaging a ligament is a bad thing. Even partial sprains can take months to heal and things to watch for include finger pain – particularly your ring finger, elbow pain and knee pain.

The next thing to consider is the nervous system – this controls what we do and how we do it in a number of ways.

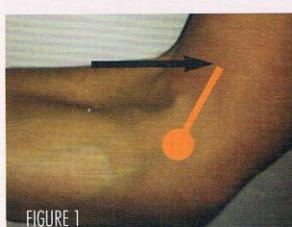
Recruitment is how many muscle fibres an individual nerve controls. Where precision is required a 'motor unit' might innervate as little as three muscle fibres but in larger muscles each motor unit might control between three and eight hundred. To improve strength we need to recruit more muscle fibres. We can do this by exerting maximal loads when – so yes, climb harder.

This sort of training also reduces

what is termed our strength or the amount of strength but don't use. On a strength deficit is abc athletes it can be as little as ever heard stories of miraculously lifting a trapped offspring you will mean. This is disinhibiting to train for it and this will increase strength but not necessarily muscle size. And it is often unexpected in causes injuries – popping desperately maxing out move. Fear is a big factor clients are scared they are to become injured.

Our nervous system good movement and be efficient. By regularly performing the same movement the activating unnecessary which would, ordinary resistance to a move training technique has been to improve results by up to 20% strength gain.

So now, muscles. How is very important. When muscle there is not one but millions of different sizes of the muscle. whether the muscle is



TOP: LOW BRACHIORADIALIS ATTACHMENT – FULCRUM CIRCLED
ABOVE: HIGH ATTACHMENT – FULCRUM CIRCLED

lengthening or staying still. We call these concentric, eccentric and isometric contractions respectively.

The order in which muscles contract to achieve maximum performance is also important. Nearly all muscles, prior to shortening (concentric contraction) are eccentrically loaded - or stretched. For example, if you reach above your head you stretch your bicep before you pull on it. If you mantle you stretch the tricep before straightening your arm. This is essentially stored energy - but it is only stored for a short time. Efficient, flowing movement will improve overall performance. Hold a position too long and the subsequent energy requirement might be too great to overcome.

When we climb we are always balancing concentric pulls at one end with eccentric lengthening at the other end in order to maintain the tension between the holds and thus our position in space. When you are observing your client, try to work out if they are maintaining this tension by looking at the limbs controlling their position and not at the limb doing the pulling. Encourage the right muscles to activate by applying pressure (feedback) as the movement is performed.

If you are lucky enough to teach in an environment where you can make a difference to someone's performance then try to remember it is never a case of 'holding tighter and pulling harder.' We owe it to our clients to understand what they want and how they can improve. This takes knowledge as well as observation and feedback skills.

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