



Name

Date

Phase

(SAMPLE)

24/03/2020

1.0

Primary Goals – Resolve a midfoot problem and improve lower body movement variability

Perform: Daily except the split squat and Step Down’s which are every other day (in grey).

Release

The purpose of this phase is to “release” tone and tension within a specific or general area. Achieving this will temporarily improve mobility, reduce pain and allow for a window of opportunity in which we can improve your movement qualities and set you on your way to recovery.

Exercises	Reps
Supine Slideouts - Hip De-Coupling	5 e/s

Reset

The purpose of the second phase is to essentially perform a “reboot” of your Brain & Body. Performing your designated “Reset” will ensure that your Brain and Central Nervous System are rebooted to a level in which they are better able to handle the stresses of modern life, exercise and/or recovery. Secondly, these “Resets” restore optimal position and alignment in your body. By restoring position, you will almost instantly regain flexion and rotation in your body which dramatically improves your movement options. This is essential for pain free movement and recovery.

No.	Exercises	Sets and Reps	Comments
1	Levit Lift	3 x 5 Complete EXHALES	SETUP = 90/90 Setup. Jelly Belly. Squeeze.
			EXECUTION = Heels Down. Knees Up. Feel Hamstrings. Relaxed Lower Back. Inhale via Nose. Exhale COMPLETELY to feel ribs move downwards. Pause for 1-2 seconds. <u>DO NOT LET RIBS UP</u> . Repeat inhale via nose before another exhale
2	Lazy Bear	2 x 5 Complete EXHALES	SETUP = Hands under Shoulders. Knees under Hips.
			EXECUTION = Shift Weight Gently Onto Hands. Reach Arms Long. Tuck Hips Under Inhale fully via Nose. Exhale Fully via Mouth (Feel Abs). Full excursions of breathing = Full Inhale/Exhales.



Name

Date

Phase

Rehab

The purpose of the Rehab Phase is to “cement” in your newfound pain free movement and start working towards your goals. This phase is often the phase where we target “Functional Movement”, Strength, Power, Work Capacity and General Athleticism. IE We ensure full recovery and make you better!

	EXERCISE	REST	WEEK 1	WEEK 2	COMMENTS
1	Egg Rocks	n/a	8	10	Tuck nice and tight into a ball
2	Band Leg Lower	n/a	6 e/s	8 e/s	Exhale and lower leg. Inhale and return leg
3	Box/Bench Hamstring Curl	n/a	6	8	Heels Down. Knees Up. Relaxed Lower Back and Belly
4	Hands Elevated Downward Dog	30s	6	2 x 6	Reach Long. Feel Calves Stretch
5	Hands Elevated Spiderman	n/a	5 e/s	5 e/s	Knee over Ankle
6	Walking Knee Hugs	n/a	5 e/s	5 e/s	
7	Front Foot Elevated Split Squat	60s	2 x 6 e/s	2 x 8 e/s	Feel whole front foot, push!
8	Posterior Step Down from High Step	60s	2 x 6 e/s	2 x 8 e/s	HOLD ONTO BANNISTER FOR SUPPORT IF NECESSARY

Recovery -

Recovery is a vital phase for anyone undergoing rehab. It is only with an adequate period recovery that an individual can get better. Training and Rehabilitation impose a stress on your body. Your body recognizes and interprets this stress via signals. For example, if you lift weights, you impose a specific stress on your body. Your body then interprets this as a signal that more strength is required. It is during recovery that the body can invest time and energy into making these necessary improvements. This is how you get stronger, more resilient, more durable, quicker, more powerful etc. Therefore, the sooner you can switch your body into recovery mode to enable it to work its magic, the better. This is achieved by restoring your breathing levels as quickly as possible as soon as your rehab is finished. This is why we ask you to perform nice, relaxed breathing drills at the end of your session as these are proven strategies to help get you moving forwards more quickly

Exercise	Time/Exhales	Comments
Crocodile Breathing	2-3mins	