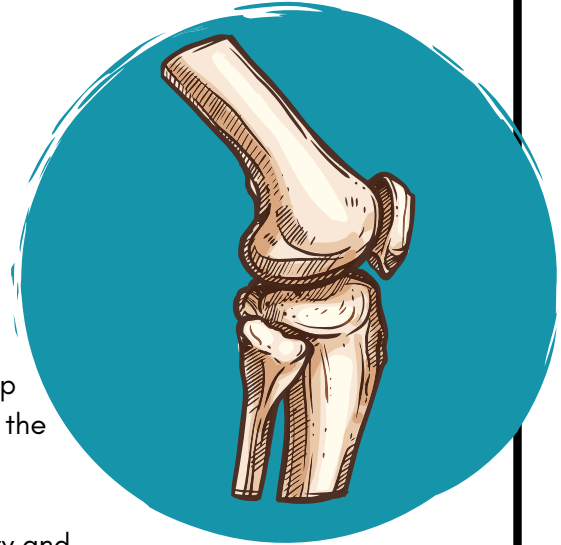
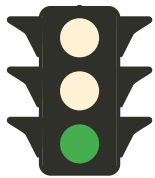




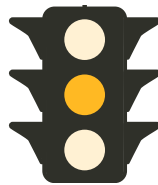
My client has a **KNEE** injury



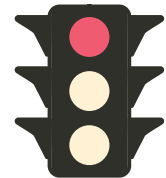
Just because your client has an injury it doesn't mean they need to stop training. You can usually work within the bounds of the injury - reduce the volume, weight, speed or complexity as necessary, or substitute the movement using the traffic light system below as a guide. Individual advice may vary and change depending on the type, severity and stage of the injury, so check with your client's physio if you are unsure.



**GENERALLY
SAFE**



**PROCEED
WITH
CAUTION**



**AVOID
FOR NOW**

As rehab progresses the movements may slowly be unlocked in this direction

*Higher risk movements as you move down each column.
Take more care to go light and controlled at first*

Bench row/press
Push ups
Planks/Push up
Dips
Ring row/Pull up/muscle up
Ski erg +/- Seated
Ball slams
Strict press +/- Seated
Calf raises
Hip thrusts/Glute bridge
Hinge/RDL +/- Single leg
Unaffected leg step up/single leg squat

Ski erg
Light Rower
Light Bike
Light jogging
Box squats <90 deg
Hang power clean
Hang power snatch
Handstands (land carefully)
Deadlift
Push Press/Jerk
Sled Push/Pull

Lunge
Step up/single leg squat
Running
Full squat
Wall balls
Squat cleans
Snatch
Jumping
Full burpees
Hopping
Sprinting
Change of direction/twisting

