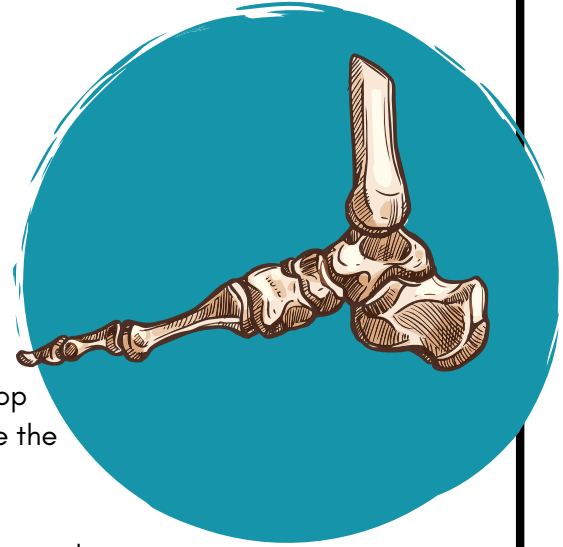


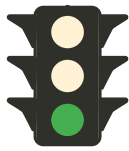


My client has an **ANKLE** injury



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**

Standing/seated ski erg
Pull Ups/Muscle Ups
Toes to Bar/Sit Ups
Bench/Push Up/Dip
Standing/Seated Rows
Planks/Hollow Holds
Copenhagens/Quad extension
Strict +/- Push Press
Hamstring nordics/curls
Bridges/hip thrust
Deadlift/RDL
Burpees with no jump
Single leg squat/step up/deadlift (on unaffected)
Assault bike
Box Squat/Trap Bar DL

Single leg RDL on both
Handstands (land carefully)
Full depth squats
Step ups
Jogging
Power clean (hang and floor)
Power snatch (hang and floor)
Push Jerk
Sleds Push/Pull
Rowing machine
Calf raises
Lunge/split squat
Wall balls

Jumping/skipping
Running/sprinting
Kicking
Squat clean/snatch
Split jerk
Change of direction
Full burpees

