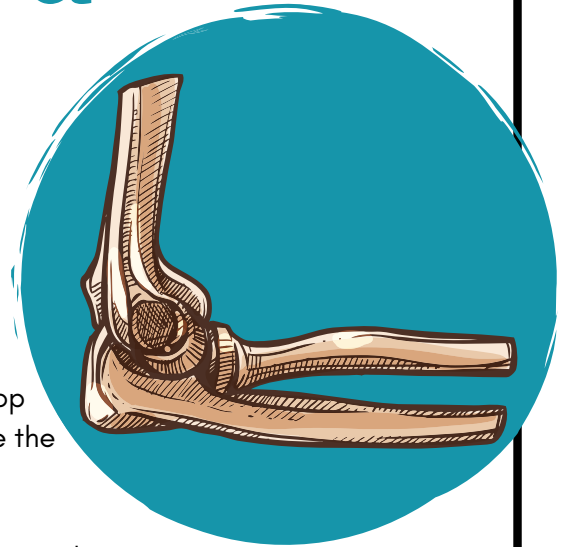


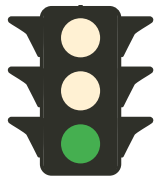


My client has a **ELBOW** injury

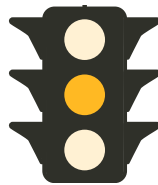


Just because your client has an injury it doesn't mean they need to stop training. You can usually work within the bounds of the injury - reduce the volume, weight, speed or complexity as necessary, or substitute the movement using the traffic light system below as a guide.

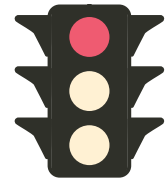
Individual advice may vary and change depending on the type, severity and stage of the injury, so check with your client's physio if you are unsure.



**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

Running
Calf raises
Sled pull
Jumping/hopping
Skipping
Bridges/Hip thrusts
Lunge/split squat
Step ups
Assault bike
Back squat
Hinge/RDL
Planks

Behind Neck Press/Jerk
Dumbbell Push Ups
Swimming
Ski erg
Wall balls
Pull Ups
Snatch Balance/Overhead Squat
Pull Ups/Hanging
Paralette Handstands

High plank
Burpees
Front Rack/front squat
Clean/Snatch
Push press/Jerk
Dumbbell Clean/Snatch
Boxing
Pushups/Handstands
Muscle ups

