



# **CREATIVE TRAINING FOR INJURED ATHLETES**

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# CREATIVE TRAINING FOR INJURED ATHLETES

- Introduction
- Defining Logistics used for Training Adjustments.
- 5 Day Injury Reports
- Daily Plan
- Weight Room Adjustment
- Track & Field Adjustment (Land, Water, & Machines)

# MONDAY INJURY REPORT

- Subluxed R shoulder. Can practice as tolerated, little to none upper body movement (Shoulder).
- Pincer impingement in quadriceps and torn labrum. Can not practice (Upper Leg-Hip).
- Shin splits
- PMS...go home☺



# \*MONDAY ORIGINAL PLAN\*

<b>Weight Room</b>	Bench Squat Power Clean
<b>Pre-Workout</b>	10 min Jog Sprint Drills 2x30m Mobility
<b>Workout</b>	6x30m Block Starts 1x450m High Jump Shotput
<b>Post-Workout</b>	Multi Throws x5 10 min Jog.

# INJURY RESPONSE FOR SPEED/POWER *WEIGHT ROOM*

Power Clean 4x5 Hip/Shoulder	Glut Bridges 4x5 High DB Pulls 4x8 Toe Raises 4x8 S. Leg DB Dead Lift 4x8 Back Hypers 4x8
Squat 4x5 Hip/Shoulder	Hamstring Curls/Extensions 2x10 then sets. AD/AB Hip Machine 3x10
Bench 4x5	DB Bench one arm.  ----- 50 Core Between All Sets.

# INJURY RESPONSE FOR SPEED/POWER

## *PRE-TRAINING*

Plan	Land	Water	Machines
10 min Jog	Static Hurdle x10/20 Core/Walking Drill for 10 minutes	10 min. Lap Swim. Kickboard if needed.  OR~10 min. Tread!	10 min Bike Medium Resistance.
Sprint Drills	Walking Drills- Doubled.	Shallow 10x30sec. High Knees/A Skips Karaoke/Backward Walk	Dynamic Flexibility Leg Swings, Eagles...
Accelerations	Inverted Bicycle (20)- Roll and Touch x10	Kick Board Build- Ups 1x25m	5x 30 second Pedal Accelerations...slow- fast.

# INJURY RESPONSE FOR SPEED/POWER *TRAINING*

Plan	Land	Water	Machines
Block Starts	Multi Throws x10/ Clap Pushups x5 in Blocks. <i>Sand: SLJ x20</i>	Wall push-flutter- Kickboard 5x25 front/back-5 Squats/10 push- ups.x10	30 min. bike Increase every 5
Shotput	Standing Throws with Modified Weight. Multi Throws doubled.	-----	-----
High Jump	Back bends off Box x5 1 step of box x5 3 step walking arms.x30 Bridge Up (5)/100 Core Bands-x10 Knee Drives (Circuit Style)	Walking Take-Offs Dive Board Knee Drives	Hip machine- Knee Drives. 3x10

# INJURY RESPONSE FOR SPEED/POWER *POST-TRAINING*

	Land	Water	Machines
Multi Throws x5	Kettle Balls 8 lbs. One hand.	Medball in waist deep depth double Reps.	-----
Multi Jumps x5	<i>Sand:</i> Mini Hops <i>Landing Mat</i> Jumps: Squat/Lunge/ Speedskater	Tuck Jumps x20	-----



# TUESDAY INJURY REPORT

- L torn labrum in shoulder. No upper body movement (Shoulder).
- Avulsion fracture at base of her R fifth metatarsal. In boot, allowed to bike and swim (Foot).
- Shin splits. Limit impact (Lower Legs).



## \*TUESDAY ORIGINAL PLAN\*

<b>Weight Room</b>	—
<b>Pre-Workout</b>	10 min Sprint Drills 2x30m Mobility
<b>Workout</b>	5x300 3 min. Javelin/Disc
<b>Post-Workout</b>	Static Hurdles 2x10 General Strength Circuit

# INJURY RESPONSE FOR ENDURANCE TRAINING

Plan	Land	Water	Machines
5x300m 4 min. rest	Circuit: 40 min total. 10 exercises @ 1 min each x 2.	Deep Running: 10x1 min./1 min rest is 30 sec.sit-ups/ 30 sec. back-hypers. PostTraining-10 min. kickboards- front/back.	Bike: 5x2 min/5x1 min.— Standing/Elbows
Javelin/Disc	Standing Throws with all weights.	Rotations with Boards.	
Static Hurdles Medicine Ball	As written.	-----	-----

# WEDNESDAY INJURY REPORT

- AC joint sprain in L shoulder. Limited on upper body movement (Shoulder).
- R medial femoral condyle contusion. Low impact activities (Knee).
- Shin splits (Lower Legs).



# \*WEDNESDAY ORIGINAL PLAN\*

<b>Weight Room</b>	Snatch S. Leg Squat Incline Bench
<b>Pre-Workout</b>	10 min Jog Sprint Drills 1x40m Mobility
<b>Workout</b>	Sprint/Hurdle Drills Circuit-Sled Pulls (40m), Flys (30m), Dynamic Hurdles x10
<b>Post-Workout</b>	Hurdle Hops 6x6 10 min Jog.

# INJURY RESPONSE FOR SPEED/POWER TRAINING *WEIGHT ROOM*

Snatch 4x5	Dumbbell Snatch 1 arm. Approximately 50%
Single Leg Squat 4x5	Single leg glute bridges 4x10 Single leg deadlift/Hamstring Curls
Incline Bench 4x5	Incline Dumbbell  50 Core between all sets!

# INJURY RESPONSE FOR SPEED/POWER TRAINING

Plan	Land	Water	Machines
40m Sled Pulls (25 lbs.)	Walking sled pulls- 50lbs x 80m	Noodle Pulls/Push x25m Kick Board 25m Front/Back Noodle Curls 3x1 min. Leg AD/AB/Front x20	Elliptical 1 min. Level 12/12 Lunge Forward x20
30 meter Flys	Inverted Bicycles 1 minute rounds	Corner Sprints 10x 1 min. 50 Core in between.	Bike-10 x 30 sec. Sprints @ Medium. Rest: 1 min. High Knee Holds!
Dynamic Hurdle Drills x10	Static Hurdles 2x10	Walking B Skips Walking Trails 10 x 1min. Alternating. Sitting Trail/Leg Side of Pool.	Hip Machines x10 Alternate with 4k MB Overhead in place B Skip.

# THURSDAY INJURY REPORT

- Left wrist pain with wrist and finger extension. Can run, limited by pain (Wrist).
- L quad strain. No running can do machine or swim work as tolerate (Quad).
- L shin splits (Lower Legs).
- Overdose on Laxatives (Stomach).





# \*THURSDAY ORIGINAL PLAN\*

<b>Weight Room</b>	—
<b>Pre-Workout</b>	10 min Sprint Drills 2x30m Mobility
<b>Workout</b>	25 minute run Long Jump
<b>Post-Workout</b>	Static Hurdles 2x10 Medicine Ball x15

# INJURY RESPONSE FOR ENDURANCE TRAINING

Plan	Land	Water	Machines
25 min. run	Circuit: 40 min total. 10 exercises @ 1 min each x 2. Running on Mat can be included.	-Swim laps for 30min. Alternate kickboard every 5 min. High Knees x25mx10 Tread Water 10 min.	30-40 min. on Bike. Increase Intensity every 3 min. HR over 150 at 15 min.
Long Jump	Walking High Knees SLJ x20 Core: Alternate TuckUps		
Static Hurdles Medicine Ball		-----	-----

# FRIDAY INJURY REPORT

- Subluxed R shoulder. Can practice as tolerated with brace on (Shoulder).
- R knee pain – IT band tightness. No impact (Knee).
- R shin splits (Lower Legs).
- Headache-short night☹️



# \*FRIDAY ORIGINAL PLAN\*

<b>Weight Room</b>	Bench Squat Power Clean
<b>Pre-Workout</b>	10 min Jog Sprint Drills 2x30m Mobility
<b>Workout</b>	Hurdle Endurance Stadiums x20
<b>Post-Workout</b>	Multi Throws x5 10 min Jog.

# INJURY RESPONSE FOR RESISTANCE/POWER *TRAINING*

Plan	Land	Water	Machines
Hurdle Drills 6x15	Static Hurdles 2x10 Squat Push MB x10 Rope x10 Core x50 Clap Push-Ups x10 20 min total	Scissors Intervals 1 min/on-off.x10 Tuck-Ups x20 Pull-ups or Dips x10 Push-Ups 20/Core 50 Tread 2 min. repeat x4	Elliptical 10x1 min on 12/12-rest on 8/8 20 Squats/Leg Lifts.
Stadiums x20	Walking Stadiums: Every step with Medball. Skip Step Walk	-----	Stationary Bike- 10 min warm-up: 10x1 min Stand/Elbow Rest-DB curl/press x10

# CONCLUSION

- Identify your training options: Pool, Spinning Bikes, Sand, & Campus Classes: Yoga, Pilates...
- Understand your equipment & be specific with your workouts!
- Pain means “no gain.”
- Heart Rate Checks determine effort.
- Educate and communicate with your trainer.

Any Questions?