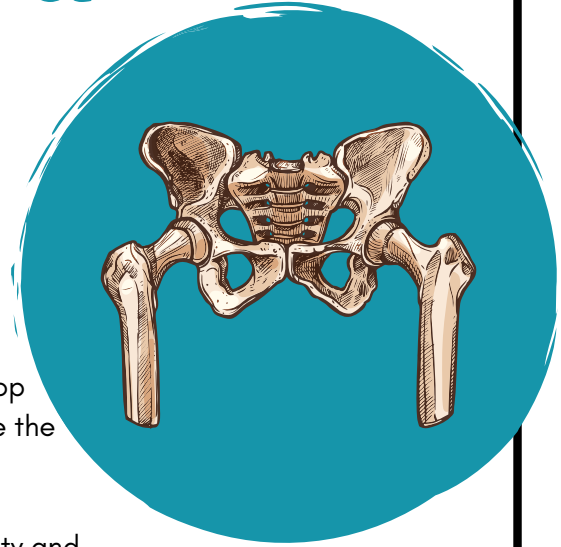
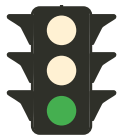




My client has a **HIP** injury



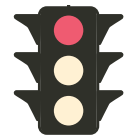
Just because your client has an injury it doesn't mean they need to stop training. You can usually work within the bounds of the injury - reduce the volume, weight, speed or complexity as necessary, or substitute the movement using the traffic light system below as a guide. Individual advice may vary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

Calf raises
Bench press/Push Up
Pull ups
Strict press
Standing Rows
Muscle ups
Push press/ Light Push Jerk
Planks
Dead bug
Light bilateral farmers carry
Box squat > 90 degrees
Bike - High Seat
Ski erg

Bridges/Hip Thrust
Front Squat > Back Squat
Lunge/split squat
RDL/Hinge/Good Morning
Hang power clean
Hang power snatch
Handstands (land carefully)
Low step ups
Jogging
Split Jerk

Rower
Lunge
Snatch
L-Sits/Leg Raises
High step ups/step overs
Burpees
Sprinting
Wall balls/full cleans/thrusters
Changing direction/twisting

