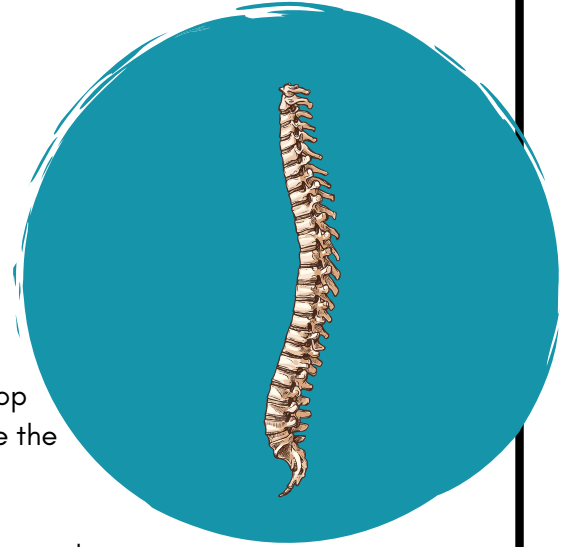


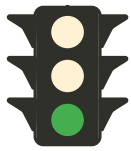


# My client has a **NECK** injury



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**

Stationary bike  
Calf raises  
Hamstring sliders  
Quad nordics/extensions  
Hamstring nordics/curls  
Sled Pull  
Belt Squat/Lunge  
Step ups  
Dead Bugs  
Isolated triceps

Sled Push  
Goblet Squat/lunge  
Rows/Rowing  
Back/Front Squat  
Carries  
DB Strict Press  
Strict Pull ups  
Box Jumps  
Sit ups/toes to bar  
Push up  
Bench/Floor Press

Cleans  
Kipping Pull ups  
Push Press/Jerk  
Snatch  
Muscle Up  
Handstands  
Running/Skipping  
Loaded Rotation/Wall Slams  
Wall balls/Thrusters  
Burpees  
KB Swings  
Handstand push up

