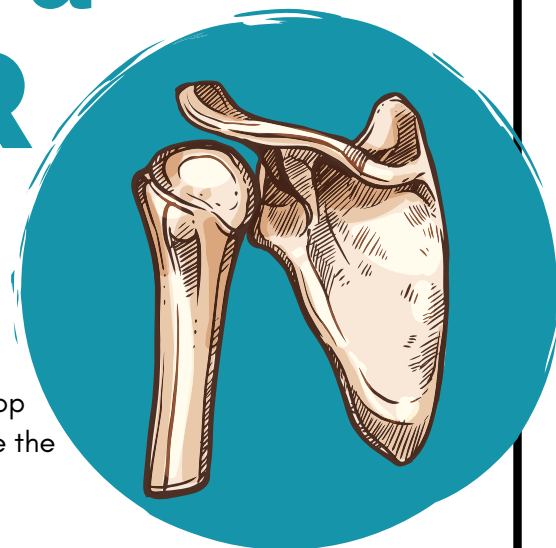


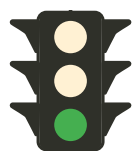


# My client has a **SHOULDER** injury



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  
Jumping/hopping  
Skipping  
Running  
Calf raises  
Hollow Holds/Sit ups  
Bridges/Hip thrusts  
Hinge/RDL  
Step ups/Single Leg Squat  
Lunge/split squat  
Sled Push/Pull

Planks/Mountain Climbers  
Rows  
Back Rack/Back Squat  
Front Rack/Front Squat  
Cleans  
Push ups  
Assault bike/Rower/Ski Erg  
Burpees  
Wall balls

Rower  
Ski erg  
Hanging exercises  
Copenhagens  
Barbell Press/Jerk  
Boxing  
DB/KB Snatch/Jerk  
Bench press  
Dips  
Handstands  
Pull ups/muscle ups

