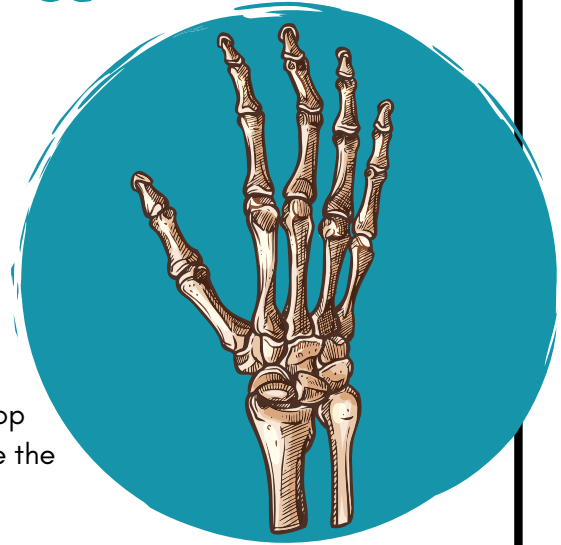
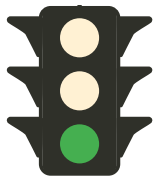




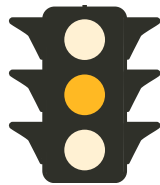
My client has a **WRIST** injury



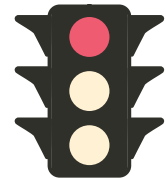
Just because your client has an injury it doesn't mean they need to stop training. You can usually work within the bounds of the injury - reduce the volume, weight, speed or complexity as necessary, or substitute the movement using the traffic light system below as a guide. Individual advice may vary 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
Running/Sprinting
Sled Pulls
Jumping
Hip thrust/Glute Bridge
Lunge/Split squat
Back squat/CrossOver Squat
Good Mornings/RDLs
Step up/Single Leg Squat
Forearm plank
Rows/Single Arm Rows
Farmers Carry
Bench press/Floor Press
Single Arm Press

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

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

