

Quick rehab and training tips

Throughout January I posted daily rehab and training tips on my twitter feed. And although I didn't always keep to my targeted 160 characters they received some great feedback from followers. Below I have posted tips 1 to 31 for your viewing.

To ensure you don't miss out in the future follow me on twitter and/or become my facebook friend. Both links are found on the home page @www.rehabroom.co.uk

Tip No 1:

Set a training goal; Giving yourself a goal, be it short term or long term, gives your training a focus and makes training driven

Tip No 2:

Make goals attainable; unrealistic training goals are likely to prove frustrating and will not encourage adherence to training

Tip No 3:

Make goals time bound; You need to put a timeframe on goals set. This will aid focus and help promote success in your given goal

Tip No 4:

Wear the right kit; Whilst you might look good in your best going out t shirt its probably not the best kit to train in. Invest in some decent trainers and wear loose fitting clothes to train in and save the tight t shirt for the weekend

Tip No 5:

Positivity; Surrounding yourself with positive training partners is likely to enhance your training and help you reach your goals.

Tip No 6:

Adaptation; You need to recover following training to allow adaptation to occur. Quality training should always favour quantity.

Tip No 7:

Push, pull, lift and carry; Fundamental, compound movements should form the basis of any weight training program

Tip No 8:

Keep it simple; Prioritise the basic exercises of the deadlift, squat, push and pull derivatives before isolated/accessory exercise

Tip No 9:

Screen; There are some great screening tools such as the FMS and SFMA. Make use of these to identify weaknesses and prevent injury

Tip No 10:

Fix your weak links; Once weak links have been identified they need fixing. Corrective exercise is the best way to achieve this.

Tip No 11:

Fuel your training; Eating the right food and drink products will aid training recovery and help fuel training adaptation.

Tip No 12:

Movement before load, If you can't complete a movement in an unloaded position don't add weight. i.e. if you are unable to bodyweight squat to parallel due to reduced mobility and/or stability adding additional load will only reinforce poor movement and cause injury.

Tip No 13:

Don't chase pain; The site of pain isn't always the cause of pain. A poor squat pattern can predispose injury up and down the kinetic chain. Therefore, someone presenting with knee pain, if the deficiency comes from poor hip mechanics, unless the hip is fixed the knee pain is unlikely to improve both in the short and long term.

Tip No 14:

Kinetic Chain; Problems at one joint can influence what happens at others. In particular, the joint above and below. The knee craves stability, but unless both the ankle and hip, the joints below and above the knee have adequate mobility, this can compromise knee stability.

Tip No 15:

Tissue Quality; Ensuring good tissue quality (muscles, tendons, ligaments) is easily obtained but sometimes overlooked. A soft tissues practitioner can work to improve tissue quality and athletes can use self treatment techniques such as foam rolling to provide additional benefits.

Tip No 16:

Recovery; To allow adaptation to training you need to recover properly. Unless you recover you are unlikely to gain the training gains you sought.

Tip No 17:

Recovery methods; Ice baths/showers and contrast baths/showering are great ways to promote recovery post training.

Tip No 18:

Travel; Traveling to and from games/training can have adverse effects on sporting performance. Hence these need to be countered to promote optimal performance levels.

Tip No 19:

Research; Its well worth doing your research to help inform your training. nutrition and lifestyle choices. If in doubt ask someone in that particular field.

Tip No 20:

Hydrate; A dehydrated muscle can promote reduced muscle elasticity, pliability, contractability and force generation. Keep your body well hydrated pre, during and post activity to reduce the possible effects dehydration can bring.

Tip No 21:

Supplementation; A good diet and hydration strategy may be sufficient for some, but others might need a helping hand. Be sure to do your research and if your within professional sport ensure they are legal.

Tip No 22:

Slowly does it; If you cant slow a movement down, dont speed it up. You need to be able to decelerate before you teach acceleration. Control and stability during movement should be gained prior to speed of movement.

Tip No 23:

Pain = no gain; You shouldnt be training through pain. Pain is the body telling you something is wrong. Get it assessed and fixed.

Tip No 24:

Breathe; Ensure you breathe correctly during your lifts. Utilising your diaphragm to breathe more efficiently will aid core stabilisation and thus enhance peripheral limb stability and strength.

Tip No 25:

Listen to your body; Take note of how your body responds to exercise and tailor your training to suit and don't train through pain

Tip No 26:

Variety; Adding some variety into your training can help limit training boredom and prevent a plateau in performance

Tip No 27:

Asymmetrical training; Most sporting actions rarely occur in a controlled double legged position. Therefore, it's important that training programs incorporate single limb training. Small knee bends are a great exercise for single leg training

Tip No 28:

Individualisation; Beware of one fits all programs. What's good for one person may not be for another. Individual planning of individual training programs will promote targeted success in training

Tip No 29:

Individual training is key; Following on from yesterday's tweet, training needs to be prescriptive to the individual not prescriptive to the sport and not prescriptive to playing position.

Tip No 30:

FUN; Add some fun to your training. Adding in your favourite exercise into your training will help you keep engaged in your program. Providing the exercise doesn't cripple you with dysfunction and pain, crack on.

Tip No 31:

MOVE; The body isn't designed to stay in static position for lengthy periods of time, so use the body what it is designed to do and MOVE.....