



Play It To Win: Injury Prevention for Athletes

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Overview

Training an athlete is fun and challenging. Each sport has a repetitive movement. Pilates is a great way to cross train. It will build strength, mobility, endurance, and will help prevent injury. It is our job as instructors to find out the athlete's goal for doing Pilates, identify their 4S's (Strength, Stretch, Stamina, Stability) and work to create balance in their bodies.

Objectives

This course helps hone your understanding of the 4 S's and how to identify them in athletes. By looking at each sport it provides an outline for how to better train an athlete. Most athletes follow a training plan, this course helps create and guide you to a dynamic Pilates training plan.

Working with Athletes

- Higher motivation, adherence & discipline
- Often competitive
- Enjoy being pushed and challenged
- Outcome and application oriented
- Creating an Athletic Protocol for Pilates
- Consider the movements & demands of sport
- Identify muscle weaknesses, dominance & imbalances
- Recognize important recovery requirements
- Set specific goals

Designing a Sport Specific Sequence for Part C

*This is just an example of a course of action, the possibilities are vast.

Triathletes:

Strength- Upper Back, Abdominals, Inner Thighs, Glutes, Hamstrings

Stretch- Chest, Back, Hip Flexor, Hamstrings, Calves

Stability- Pelvic Stability, Shoulders

Stamina- Abdominals

Common Injuries- Shoulder bursitis or impingement, neck, back, knee and hip pain, IT Band Syndrome, hamstring strain, Planter Fasciitis

Chair

Swimming Sequence

Flying Eagle

Swan with Flutter Kicks

Swan Dive

Side Sit Ups

Teaser I

Twist

Teaser Twist

Cycling Sequence

Ham Curls

Supine Frog

Teaser Stretch

Mermaid Variation-Hip Flexor Stretch

Table

Pull Up with Knee Stretch variation

Running

Achilles Stretch

Lunge into front leg pump- teach to lift up out of legs
Going up front
Front mountain climb
Side Pump
Running
ITB Stretch
Hamstring stretch

Cadillac

Swimming

Push Through Long/Short, Saw, Shoulder Roll Down

Cycling

Leg press w/ Push through bar- Sprung from below

Running

Leg springs series, Hip Opener, *Roll Back w/ Knee Folds, *Step Ups off side of TWS Cadillac or Reformer, Hip Flexor Stretch off edge

Small Barrel

Leg Series- Teach them to connect legs to Abs- will help them on the bike/ run and to get out of pain. Arm Stretch/Circles

*Add Ball or Power Circle to Mat/Reformer for added Pelvic Stability and seat to feet connection

Football:

Depending on the size of the person, some exercises may not work. They welcome all stretches. 😊

Strength- Abdominals, Inner Thighs, Ankles

Stretch- Back, Hips- Everything! 😊

Stability- Ankles, Shoulders

Stamina- Abdominals, Adductors

Common Injuries- Ankle, knee, shoulder, Acromioclavicular sprains, quad, hamstring or groin strains, and wrist/hand/elbow injuries

Chair

Achilles Stretch
Front/Side Pump- Up on toes for Balance Challenge
Basic Mt Climber
Piriformis Stretch
Pull Ups- 2 top springs
Push ups 1

Hip exercises

Hold Block w knees- internal rotation-add a band- can do banded Reverse Clams

Ladder Barrel

Ballet St. Series
Horseback

*Calf Exercises using stairs or half foam roller, Foot Corrector, Towel Exercises

*Yoga Block- Leg swings, side leg lifts, hip dips

Golf:

Strength- Abdominals, One Sided Rotation

Stretch- Back, QL, Hips

Stability- Pelvis

Stamina- Abdominals, Glutes

Common Injuries- Rotator Cuff injuries, tennis elbow, golfers' elbow, back strains, tendonitis, Piriformis Syndrome

Chair

Pumping one Arm
Swan
Side Sit Ups
Twist II
Push down from behind
Table
Nice Mermaid- with added Hip Flexor Stretch
Piriformis Stretch

Cadillac

Saw
Kneeling Cat/Cow
Roll Back
Roll Back- Around the World
Roll Back 1 Arm- extra on tighter side

Ladder Barrel

Side Sit ups

Side Stretch

Reverse Bicep Curls-light weight

Sand Bag

Forearm Stretches

Tennis:

Strength- Shoulder Girdle

Stretch- Back, Neck, Chest

Stability- Shoulder Girdle, Knee

Stamina- Abdominals

Common Injuries- Shoulder impingement, Rotator Cuff tear, Tennis Elbow, back pain, stress fractures, Patellar Tendonitis, ankle sprains

Chair

Side Leg Pump with Curtsey Squat

Crossover Pump

Going up side

Side Pull Ups

Kneeling Mermaid

Backward Arms

Seated Twist

Cadillac

Side Pull

Butterfly

*Squat Rotation w/ 1 arm spring

Push Up/Raise Combo

Roll down into squat 1 leg

*Forearm stretches

Neck Stretches

Ladder Barrel

Side Sit Ups

*Rotator Cuff exercise w band or weights-can do side lying

Soccer:

Strength-Abdominals, shoulder girdle

Stretch- Legs/ hip flexors

Stability- Abdominals, knee, hips, ankle, back

Stamina- Abdominals

The core muscles are responsible for the distance, curvature, and height of a kick, and doing cuts and fakes. Flexibility, strength, balance, agility, and proprioception exercises are important.

Common Injuries- Ankle, knee, calf strains, clavicle, wrist or foot fractures, ACL/MCL/Meniscal tears, groin strains, hamstring, IT Band Syndrome, shin splints

Chair

Ab series on top of chair

Side Sit Ups

Mermaid Stretch with hip flexor stretch

Achilles Stretch

Advanced Balance Control Front/Side

Horseback

Supine Frog

Small Barrel/Spine Corrector

Leg Series

Swan

Rocking

Ladder Barrel

Swan Dive

Horseback

Cadillac

Side Kick Series

*Leg Springs-+ Opposite Spring

Balance disk/Bosu/ Teeter Board

Calf Stretches w/ Half Foam roller

Hockey:

Strength- Inner Thigh, Hamstring, Abdominals

Stretch- Hips, Hamstrings, Ankles

Stability- Pelvis, Ankle

Stamina- Abdominals

Common Injuries- Broken collarbone, ACL/MCL strains or tear, shoulder issues/dislocation, muscle strains, groin pull

Chair

Table Top- both/single leg
Mountain Climber
Standing Side Pump
Going Up Side
Achillies Stretch
Push Up 1
Backward Arms

Cadillac

Side Pull
Chest Expansion
Long Back St. Arms
Reach and Pull
Side Kick Series- no spring ball under bottom leg
Kneeling Mermaid w leg extended straight

Balance Disk or Bosu- Stability/Balance Exercises

Rotator Cuff Exercises, Rear Deltoid exercises

Add to Reformer

**Side Splits from in the well*