



CROSSFIT CHICHESTER

More than just a gym



CFC Common injuries and progressions

How to explain and work around training with injuries



Common Injuries and possible causes.

- Shoulder - thoracic spine mobility and girdle strength.
 - Back - weak glutes, tight hips, previous injuries.
 - Foot - poor planter strength and laminated tissue.
- Knee - stiff ankles, poor knee extension, sitting too much.
- Elbow - repetitive strain - digging, hammering, fishing, carrying plates
 - Wrist/Hand - Falling, contact sports, front squats.



Shoulder Injuries

Types:

- Rotator cuff strain or tear
- Impingement

Avoid:

- Pressing overhead.
- Snatching.
- Overhead swings.
- Kipping.
- Push-ups

The shoulder is complex and not a 'one size fits all'. The rule is that you need to ascertain which movements cause pain.

Pec tears, tight biceps or anterior deltoid cause anterior shoulder pain. These want to avoid push-ups or overhead pressing, but hanging movements such as pull-ups and t2b can be pain free.

Medial deltoid, infra and supraspinatus, and trapezius, these more or less can just avoid overhead pressing movements but everything else is good to go (including hanging).

Teres Minor, posterior deltoid or rhomboids - Snatching, ring rows, throwing, all want to be avoided. Bench pressing and strict pressing can be pain free though.



Back injuries

Rehab:

- Glute activation.
- Isometric midline stability.
- Glute bridges.
- Rebuild strength via -
 - Squats with light weight
 - Good mornings
 - Trap bar deadlifts.
 - L-sits
- Hamstring mobility.

Problem movements and Substitutions:

- Rowing to air bike.
- Deadlifts to box squats or good mornings
- sit ups to plank or hollow rock
- kB swings to glute bridges.
- Burpees to pushups.
- Box jumps to step ups.
- Skipping to ski erg.
- Running to walking lunges.



Foot Injuries

Substitutions:

- Running - rowing/bike/ski
- Skipping - as above or walking lunges.
- Box jumps - weighted step ups or step ups.
- Burpees - without the jump or pushups.

Rehab:

- Lacrosse ball foot 5 minutes each side.
- Foam roll calves and Achilles.

Feet can really be aggravated when either you are training for marathons or ultra marathons, or spend a long time on their feet. Activity in this case needs to be limited, and treatment via a trained professional needs to take place to get the best chance of recovery.



Knee Injuries

Rehab:

- Lacrosse ball behind knees.
- Hip mobility
- Ankle mobility.
- External rotation in hip.

Next Step:

Major modification of movements,
or surgery.

Substitutions:

- Heavy squats to deadlifts
- Light squats to single leg deadlifts or KB Swings
- Running - ski erg, or bike
- High rep squats - lower rep box squats
- Box jumps - step ups (ad weight if necessary)



Elbow injuries

Rehab:

- Reverse shoulder extensions
- Lacrosse ball biceps
- Voodoo band elbow.

Substitutions

- Pulling goes to pressing.
- Pull-ups to chin-ups - if pain free.
- Chin-ups to ring rows.
- Or all else, keep arms straight, via deadlifts, and KB swings to get similar muscular recruitment.

Elbow injuries usually occur with overuse, and under strength. Unless something catastrophic has happened, these tend to happen to the tendons surrounding the joint. Typically, I've seen clients do something as simple as carrying lots of plates with their right arm, or using a hammer all day for a short period of time, and suddenly they develop tendonitis. I've personally suffered from this when in the early days of crossfit I was doing a lot of landscape gardening and digging for hours on end with similar positions started to really affect my elbow and forearms and wrist. From this, the main suggestion is to get treatment to reduce the inflammation surrounding the joint, via seeing someone who uses needles and massage. These things have been shown to greatly improve recovery speed.



Hand and wrist injuries

Rehab:

- Lacrosse ball palm and forearms
- Stretch out biceps
- Wrist flexion and extensions
- Banded distraction.

Substitutions

- Single arm rows and press
- Squats
- Running

These sorts of injuries, similar to elbow issues, relate to overuse in most cases. Therefore the joints are often inflamed and in need of treatment via a trained professional such as chiropractor, physiotherapist or osteopath. Front squats in the gym can cause problems. In this instance, either change hand positioning to using an over the bar grip with arms crossed, or go to back squats. Mobility work around the wrist and hand is very important. If they cannot grip then lots of squatting, pressing, GHDs and running will need to be substituted in. If it's pain free, it works.