

FORM 10.3 Injury Risk Control Checklist

Warm-Up

- ☐ Use smooth, dynamic ROM movements—reaching as far as the muscle comfortably allows.
- ☐ Avoid forced, prolonged, or rapid movements of the back.
- ☐ Avoid hyperextension of the neck or lowering the head below the heart.
- ☐ Avoid excessive reps with arms above shoulders; control arm speed.
- ☐ Introduce and progress low-impact movements to raise temperature and heart rate.
- ☐ After some warming, statically stretch the muscle groups to be used in the workout.
- ☐ Add supplemental stretches if muscles are tight or sore or if expecting higher intensity than usual.
- ☐ Progress to preaerobic level (lower end of target heart rate).
- ☐ If workout is to be high eccentric, build eccentric overloading gradually.

Cardiovascular

This checklist is particularly relevant if your client is unconditioned, just returning from a layoff, or moving up to the next level.

- ☐ Avoid excessive stress, especially to the lower body, by using intervals, pyramids up and down, split routines, or a circuit.
- ☐ Help the client find the “stopping point,” where the feeling of burn replaces momentary fatigue (especially in eccentric work).
- ☐ Check for excessive pronation, forefoot weight bearing, turning with foot planted.
- ☐ Minimize impact shock by encouraging light feet and resilient knees, providing low-impact alternatives, and ensuring that footwear and floor surface are appropriate.
- ☐ Monitor intensity and duration, which are the training errors linked most closely to overuse injury. Look for signs of overtraining (e.g., decreased performance, lethargy, early fatigue, elevated heart rate).
- ☐ Provide a few minutes of cardiovascular cool-down for circulatory adjustments and to gain flexibility—have client hold static stretches for up to 30 s.

Muscular Conditioning

- ☐ In designing a program, consider previous injuries to structures providing joint stability (e.g., include avoidance or rehabilitation).
- ☐ Contend with the forces of momentum and gravity.
- ☐ Avoid excessive knee or back flexion, lifting arms with palms forward, and allowing hip extension to force the back into increased lumbar lordosis.
- ☐ Remember that progression may be rapid initially and then level off.
- ☐ Intervene with help or with an exercise alternative when technique or condition appears to be a problem.
- ☐ Suggest beginning with a light set and following with static stretch of the muscles used (especially if used eccentrically).
- ☐ Think muscle balance—remember, the cardiovascular activity has already worked selected muscles.

Cool-Down

- ☐ Relieve anticipated muscle tightness that may result from eccentric work—for example, in quadriceps, calves, and erector spinae.
- ☐ Stretch tight postural muscles—for example, anterior chest, hip flexors, hamstrings.
- ☐ Be sure client is relaxed and cool before heading back to daily routine.