PERSONAL OPINION

- Rehab is one of the most important things I do every day.
- If an athlete is back playing with significant deficits that could have been addressed, I have failed and set them up for further injury.
- I feel my skills are best utilized treating athletes, rather than being on the sidelines, observing a practice.

FOR THOSE OF US THAT DON’T WORK HERE

- Very little space
- Very little money
- Very little equipment
- Even less time for each athlete

REALITY OF MANY HIGH SCHOOLS

EQUIPMENT IDEAS

- Many schools will have equipment you can share from the physical education department.

CREATIVE EQUIPMENT

<table>
<thead>
<tr>
<th>Cheap tools outside of rehab world</th>
<th>Versatile tools you already have</th>
</tr>
</thead>
<tbody>
<tr>
<td>Play ground ball</td>
<td>Physio ball</td>
</tr>
<tr>
<td>Basketball</td>
<td>T-band</td>
</tr>
<tr>
<td>Softball/tennis balls</td>
<td>Cuff weights</td>
</tr>
<tr>
<td>Rolling pin</td>
<td>pillows</td>
</tr>
<tr>
<td>Cinder blocks/wood</td>
<td>Steps</td>
</tr>
<tr>
<td>Books taped up</td>
<td>BO SJ or Airex type device</td>
</tr>
<tr>
<td>Objects filled with sand</td>
<td>Your hands</td>
</tr>
</tbody>
</table>
TIME CRUNCH

- Take your athletes with you
- Treat after practices
- Treat during sick day if allowed
- Teach them a HEP

MORE THAN STRENGTHENING

- Correcting imbalances and restoring normal movement patterns is more than strengthening...
- Treat the soft tissue restrictions first
- Remember the length tension relationship
- Soft tissue mobilization – very effective technique, with the only equipment required is your hands
- Can even help reduce swelling faster

MOBILIZATION

Two Tennis Balls

Possible uses
- Thoracic mobs
- Occipital Release
- Self myofascial release

Softball in a pillow case

Rolling Pin

Possible uses
- Self myofascial release
- Sacrotuberous release

STRENGTHENING

Tennis Ball

- Single leg bridges
- Calf Raise
- Balance challenge

Playground ball

- Ball rolls for shoulder ROM
- Ball circles
- Scapula depression

T- Band

- Penguin walks
- Clam shells modified
- Lateral hand walks
- TKEs
- Calf Raises
- Sawing
- Step outs with ER or IR hold
STRENGTHENING

Step
- Retro step ups
- Hand step ups
- Jumping
- Step downs
- Lunges
- Hip Hikes

Alternatives
- Wood
- Cinder blocks
- Books (tape them to make them more stable)
- A stair case (bottom step of course)

STRENGTHENING

Physioball
- Planks - arm movements
- Bridges
- Hip motions with hands on ball
- Walkout prone/supine
- Leg Press
- As a bench for almost any traditional exercise
- Prone ham curl

STRENGTHENING

Body weight
- Squats - variations
- Lunges
- Bear crawl
- Jumping
- Emphasize techniques
- Hip ABD at wall
- Side plank with ADD (top leg on chair)

Supported
- Use a partner, wall or fence for:
  - Squats
  - Push ups
  - Rows
  - Pull ups (T band works well)
  - Double hip extension with ADD hold

STRENGTHENING

Basketball
- Bridges
- Pushups - alt hand
- Substitutes well for a med ball during stability exercises

Med Ball
- Throwing drills
- Balance
- Wood chops
- Add to any lower body exercise to add resistance and integrate core

STRENGTHENING

Cuff weight
- Great variability in uses
- Can be held or strapped on to wrist to be used for upper body
- Prone TKE

Dumbbells
- Good variability
- Many weight (heavier than cuff weights most of time)
- Can create small ones with water bottles - fill with sand, rice, etc.

STRENGTHENING

Dumbbells and a Table
- Side lying shoulder flexion
- Lower trap raises
- Cobra
- Eccentric Bicep curls
SUMMARY

- Sample of variety of exercises that can be utilized in a small space with limited resources.
- Look around at what you have already, you may discover new uses.
- Shop for supplies outside of the medical supply retailers.

SOURCES

- Closed kinetic chain exercises with or without additional hip strengthening exercises in management of patellofemoral pain syndrome: a randomized controlled trial. (PMID:23820880)