

PRE-SURGERY CHECKLIST FOR ATHLETES

Tips and Strategies to Set Yourself Up for a Successful Surgery

1. Keep Moving! In Pain-Free Ranges of Motion



1. CHANGE YOUR STANCE
(wide, narrow, etc.)



2. WORK ON WEAKNESSES
Set some crazy goals



3. OPTIMIZE RANGE OF MOTION



Injure your knee? Work on your **pull-ups and sitting press, and bench press.**



Injure your shoulder? Work on **lunges and squats**, use a safety squat bar.



Focus on conditioning, they invented the ASSAULT BIKE for three limb usage.



Spend time working on skills and positions. Static holds, splits.



Can you perform 20 strict pullups? How about 50 straight pushups?



Work upstream and downstream of the joint or injured tissue to limit compensation and feed some "slack to the injury"

learn more at thereadystate.com

2. Manage Your Swelling! Congested tissues don't heal well

1. LOWTECH



COMPRESSION SOCKS



COMPRESSION PANTS



COMPRESSION SLEEVES



VooDoo FLOSS BAND

learn more at thereadystate.com

2. HIGH TECH



AUTOGENIC DE-CONGESTION DEVICE (LIKE H-WAVE)



MECHANICAL COMPRESSION (LIKE NORMATEC)

3. Limit or Don't



Use NSAIDS as they **blunt healing** responses.



Just Ice

(We know, but there is no science to support its use AND it makes healing **more difficult**)



TALK TO YOUR DOCTOR

about pain management **if Active recovery** (movement, compression, etc aren't enough)

4. Clean up your lifestyle

1. EAT LIKE A NINJA



Eat more **ANTI-INFLAMMATORY FATS**



Eat fewer **PRO-INFLAMMATORY FOODS**



Learn more from our friends at **PRECISION NUTRITION:** <http://www.precisionnutrition.com/nutrition-for-injury-recovery-infographic>



2. STAY HYDRATED



3. SLEEP 8+ HOURS/NIGHT



4. START A BREATHING/MEDITATION PRACTICE

5. Get an ASSAULT BIKE

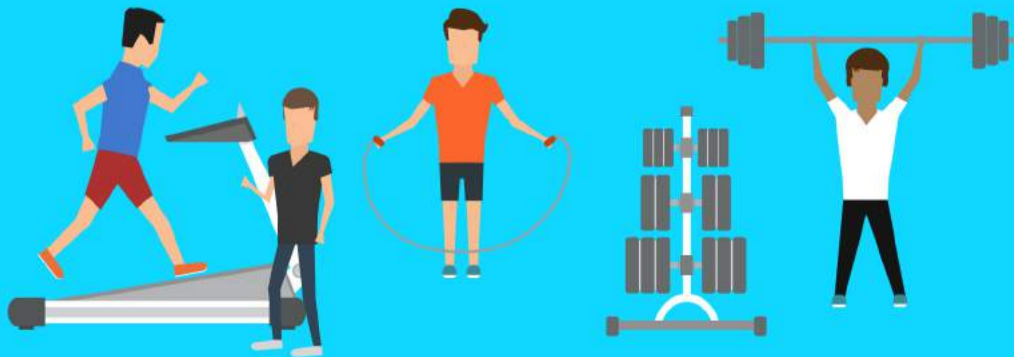
or find somewhere that has one.



why?

So you have it post-surgery. You can always maintain some level of fitness with 3 limbs!

6. Keep training with your community



If it's a gym or class, show up and work your plan during your normal time. **Don't remove yourself from your friends and training partners.**