

Exercise Modification Tables:

The following chart allows you to take control of your training modification, while retaining as much of the stimulus of the session as your injury will allow. The best alternatives are at the top of the list. Work your way down the list to find the first alternative that doesn't cause aggravation.

AIR SQUAT	
Reduce Load	No change
Reduce Volume	No change
Reduce Speed / Power	No change
Reduce Range of Motion	No change
Change Contraction Type	No change
Change Movement	No change
Contralateral Movement	No change

BACK SQUAT	
Reduce Load	Reduce weight
Reduce Volume	Reduce number per set Reduce number of sets/rounds
Reduce Speed / Power	Reduce cycle rate Reduce speed of movement
Reduce Range of Motion	Wide grip on bar
Change Movement	Safety Bar Squats Trap bar deadlift Single arm back squat Backward sled drag

BAR DIP	
Reduce Load	Reduce weight
Reduce Volume	Reduce number per set Reduce number of sets/rounds
Reduce Speed / Power	Reduce cycle rate Reduce speed of movement
Reduce Range of Motion	Reduce depth
Change Contraction Type	Slow (four second) eccentric lower only with concentric assistance Concentric only Static holds at pain free depths
Change Movement	Deficit push-ups Push-ups Bench/floor press Single arm bench/floor press
Contralateral Movement	Single arm banded press down

BAR MUSCLE-UP	
Reduce Volume	Reduce number per set Reduce number of sets/rounds
Reduce Speed / Power	Reduce cycle rate
Reduce Range of Motion	Jumping bar MU
Change Movement	Ring MU Pull-up + dip (separately) Bar rows + push-ups (separately)
Contralateral Movement	See pull-up, and dip

BENCH PRESS	
Reduce Load	Reduce weight
Reduce Volume	Reduce number per set Reduce number of sets/rounds
Reduce Speed / Power	Reduce cycle rate Reduce speed of movement
Reduce Range of Motion	Narrow grip Reduce depth Floor press
Change Contraction Type	Slow (four second) eccentric lower only with concentric assistance Concentric only Static holds at pain free depths
Change Movement	Dumbbell bench/floor press Push-ups
Contralateral Movement	Single arm dumbbell bench/floor press

BOX JUMP	
Reduce Load	Imobilise arm
Reduce Volume	Reduce number per set Reduce number of sets/rounds
Reduce Speed / Power	Reduce cycle rate Reduce speed of movement
Reduce Range of Motion	Lower box
Change Contraction Type	Jump up, step down
Change Movement	Jumping good mornings Russian KB swing Good mornings Deadlift
Contralateral Movement	Single arm Russian swing Single arm deadlift

BURPEE	
Reduce Volume	Reduce number per set Reduce number of sets/rounds
Reduce Speed / Power	Reduce cycle rate Reduce speed of movement
Reduce Range of Motion	Narrower push-up No overhead clap Half push-up No push-up Hands to box not floor
Contralateral Movement	Single arm burpee Single arm burpee no push-up Single arm burpee no push-up hands to box

CLEAN (FULL SQUAT) AND JERK	
Reduce Load	See clean, and jerk
Reduce Volume	See clean, and jerk
Reduce Speed / Power	See clean, and jerk
Reduce Range of Motion	See clean, and jerk
Change Contraction Type	See clean, and jerk
Change Movement	See clean, and jerk
Contralateral Movement	See clean, and jerk

CLEAN (FULL SQUAT)	
Reduce Load	Reduce weight
Reduce Volume	Reduce number per set Reduce number of sets/rounds
Reduce Speed / Power	Reduce cycle rate
Reduce Range of Motion	Power clean in to front squat
Change Movement	Power clean Clean pull Russian KB swing Deadlift
Contralateral Movement	Single arm KB clean Single arm Russian swing Single arm deadlift

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