

C.A.S.E Collaborative Approach to the Science of Exercise



Welcome

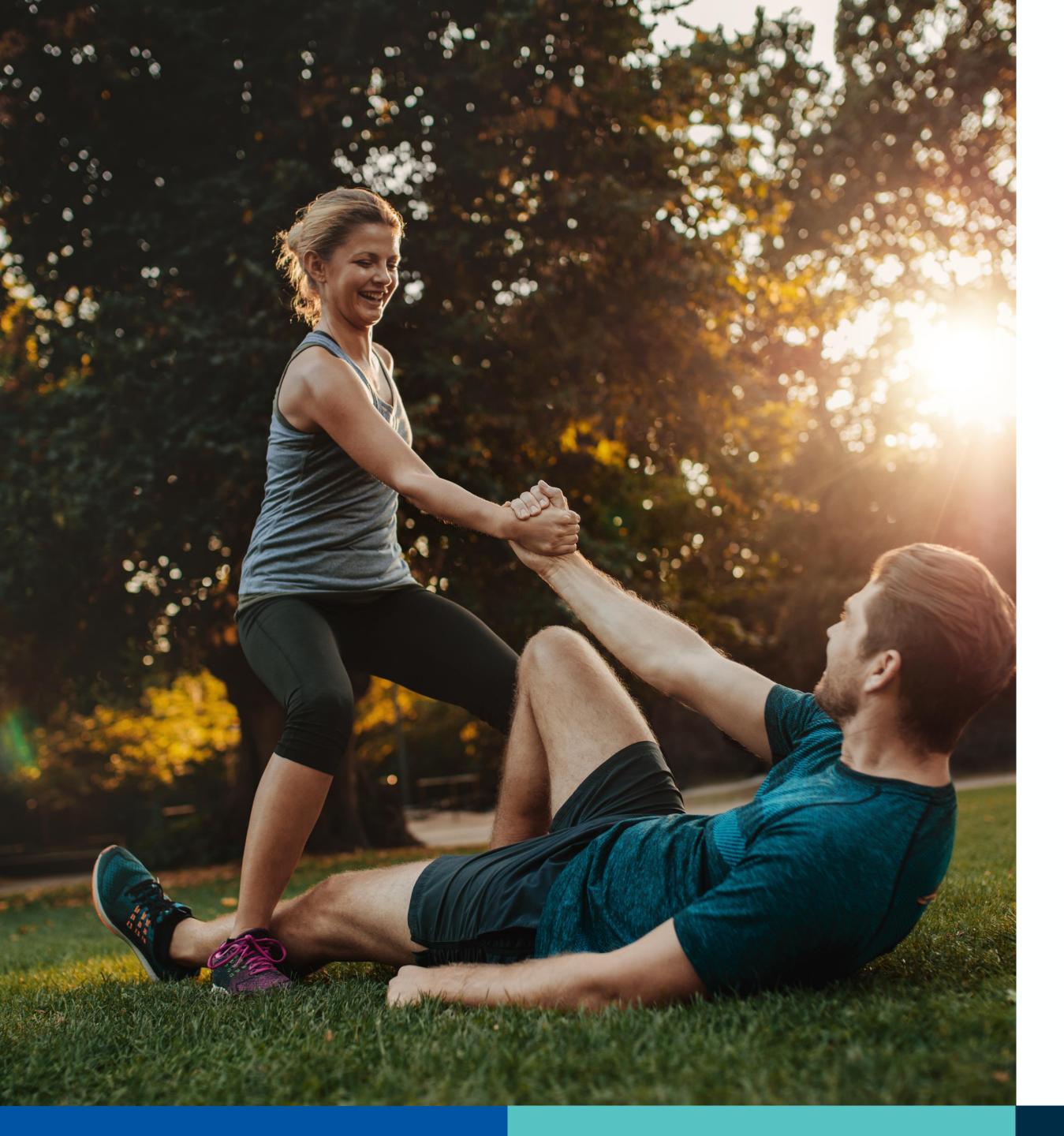
Mitchell Finn BExSci ESSAM



Alice Hyslop Physiotherapist AEP ESSAM



Harley McIntyre AEP ESSAM



CASE Outline



APSS



Goals

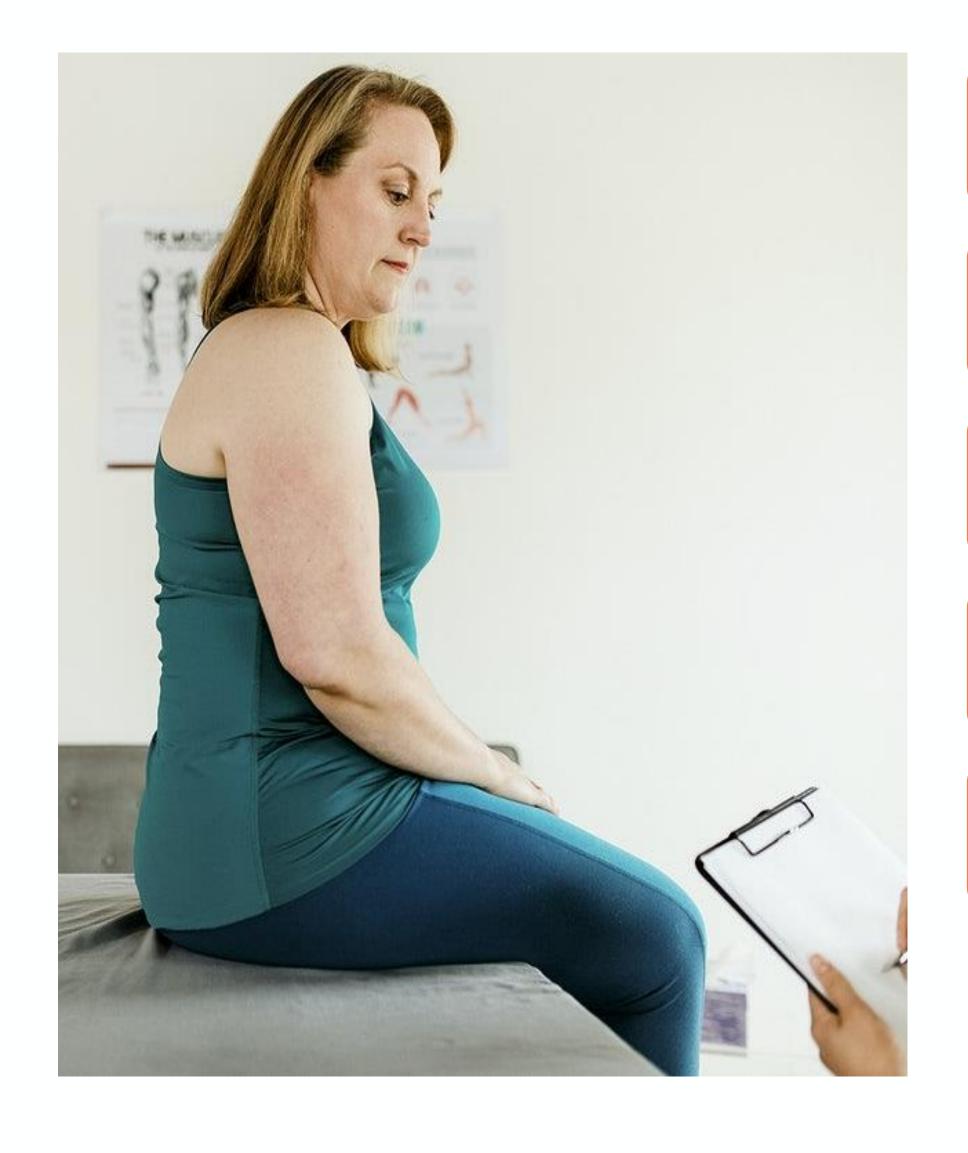


Activity and Injury History



Exercise Testing data relevant to goals

CASE Outline



Name: Lisa Hughes

Age: 51

Height: 180cm

Weight: 80kg

Goals:

•To improve physical fitness in order to pass the ADF Physical Fitness Assessment

CASE Notes

Current Lifestyle:

- working a 9 to 5 job currently
- 2 older children, 1 who has moved out of home
- Recent depression due to cycling accident and splitting up with her partner (high stress)

Current/ Previous Physical Activity:

- Able to Deadlift 105kg (1.4 x BW) prior to taking 12 weeks off with the injuries sustained from the accident
- Resistance training for 1 to 2 years prior to injury 12 weeks ago
- Long walks (60+ minutes) 3-4 days per week

Current Injuries/contraindications:

- Broken collar bone (3 months)
- Rotator cuff and AC joint injury
 - Lack of abduction/external rotation of the shoulder
 - Grade 1 soleus tare (left side)

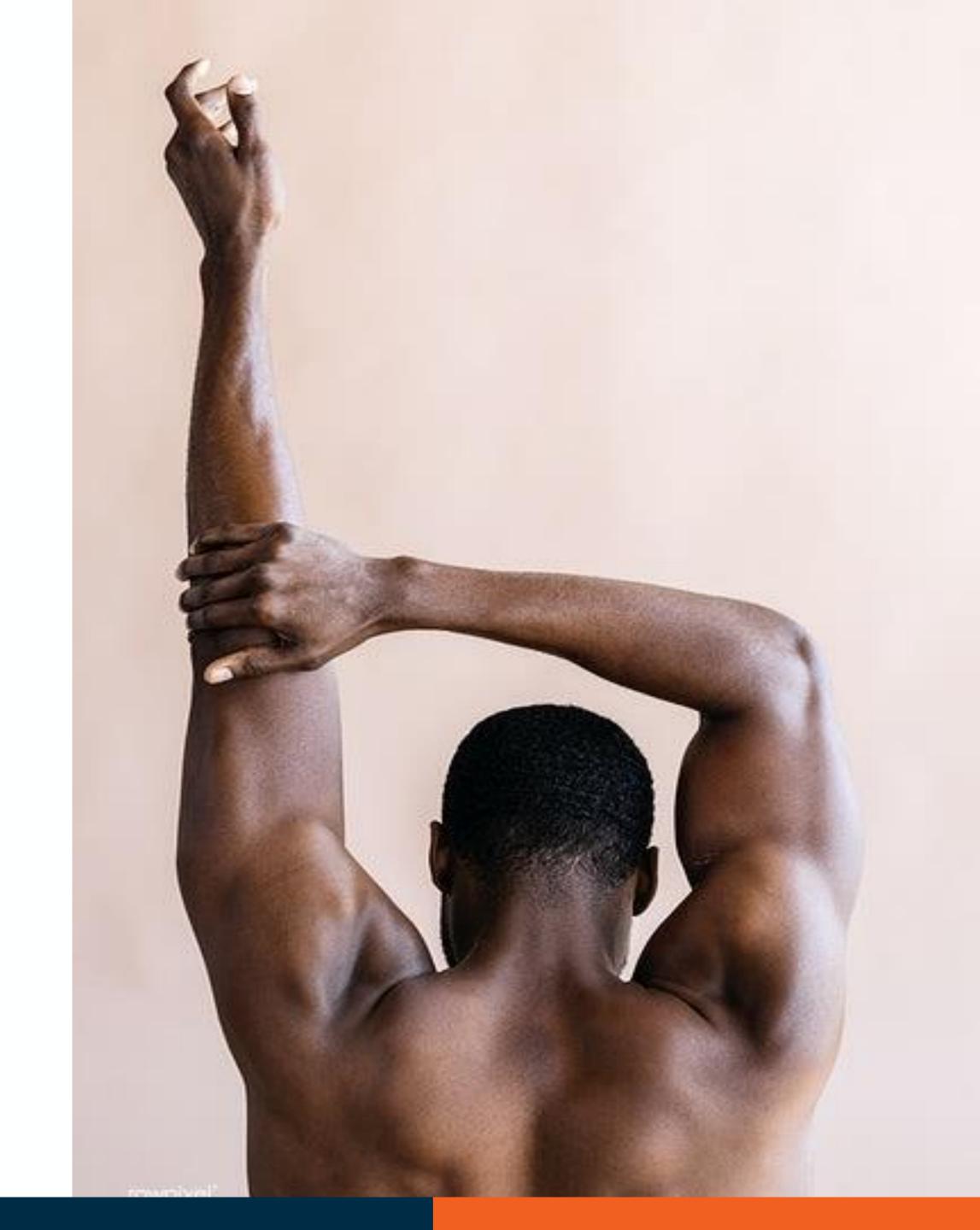


Professional Standards & Best Practice

- Use of Screening Tool
- Note Taking and Informed Consent
- Referral Process
- Managing Expectations and Outcomes

Background Theory of Pathologies

- AC Joint Injuries
 - Grades
 - Time Frames?
 - Aggravating Factors



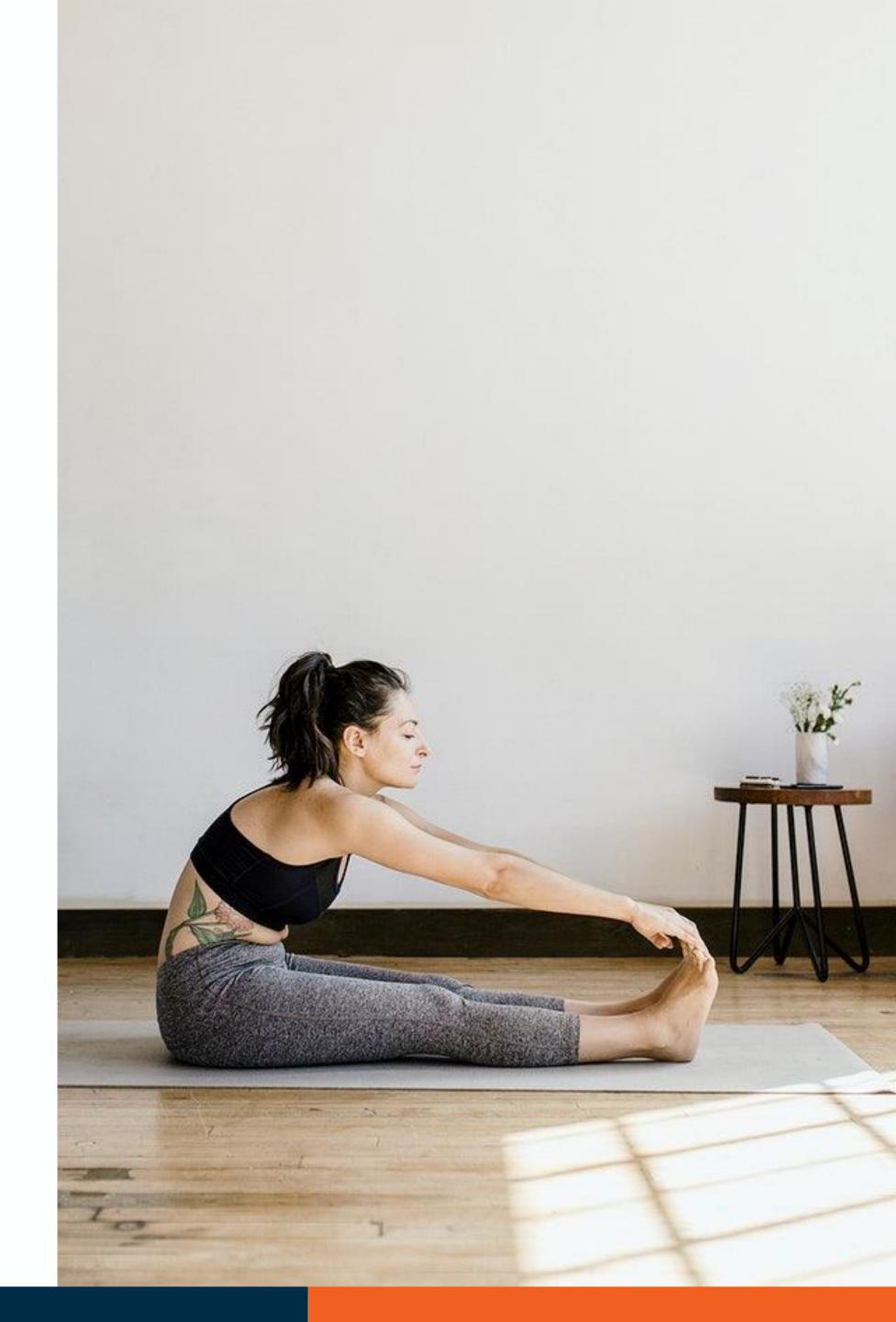
Background Theory of Pathologies

- Soleus Tear
 - Grades
 - Time Frames?
 - Aggravating Factors?



Background Theory of Pathologies

- Hamstring Strain Injury and Re-injury
 - Grades
 - Time Frames?
 - Aggravating Factors?





WHAT IS THE
CLIENT'S
PRIMARY GOAL?

Q

WHAT PHYSICAL AND PHYSIOLOGICAL CHARACTERISTICS DOES THE CLIENT NEED TO ACHIEVE THESE GOALS?

Needs Analysis

To improve physical fitness in order to pass the ADF Physical Fitness Assessment

ADF Testing Requirements:

- 8 Pushups
- 45 Sit-ups
- 6.5 Beep Test Score

Program Development



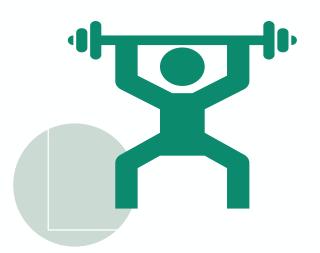


Needs Analysis





Primary Focus

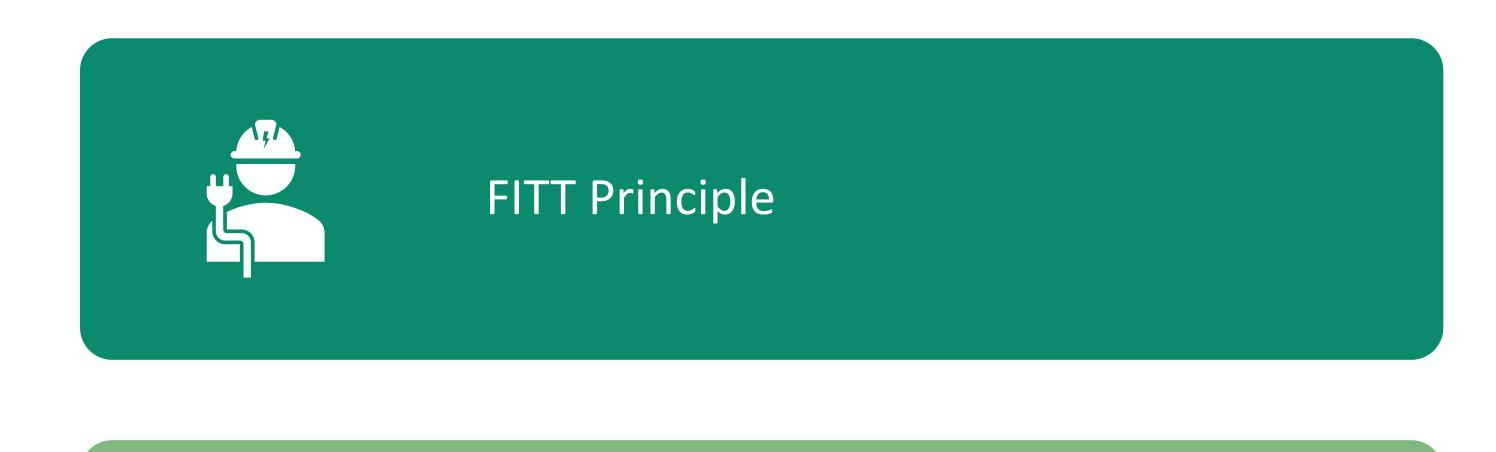


What is the focus for the first phase of the program?



Who is involved in the process and how will the referral process take place?

Program Design





Rehabilitation Protocol

- Physio Led Rehabilitation Program
- Communication and Delivery

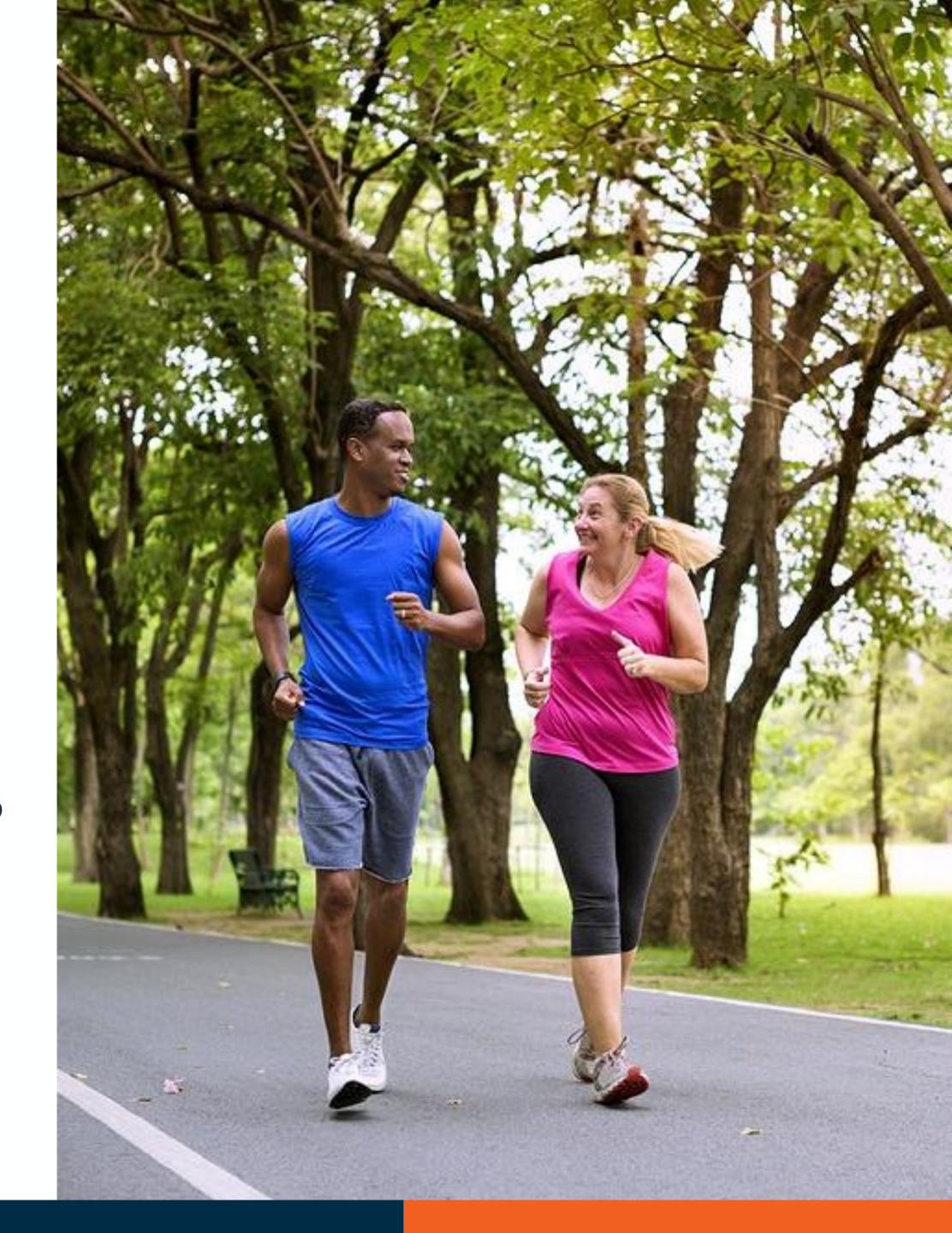
- Prescription
 - ER/IR shoulder stability focus
 - Load Management



Cardiovascular Fitness Program

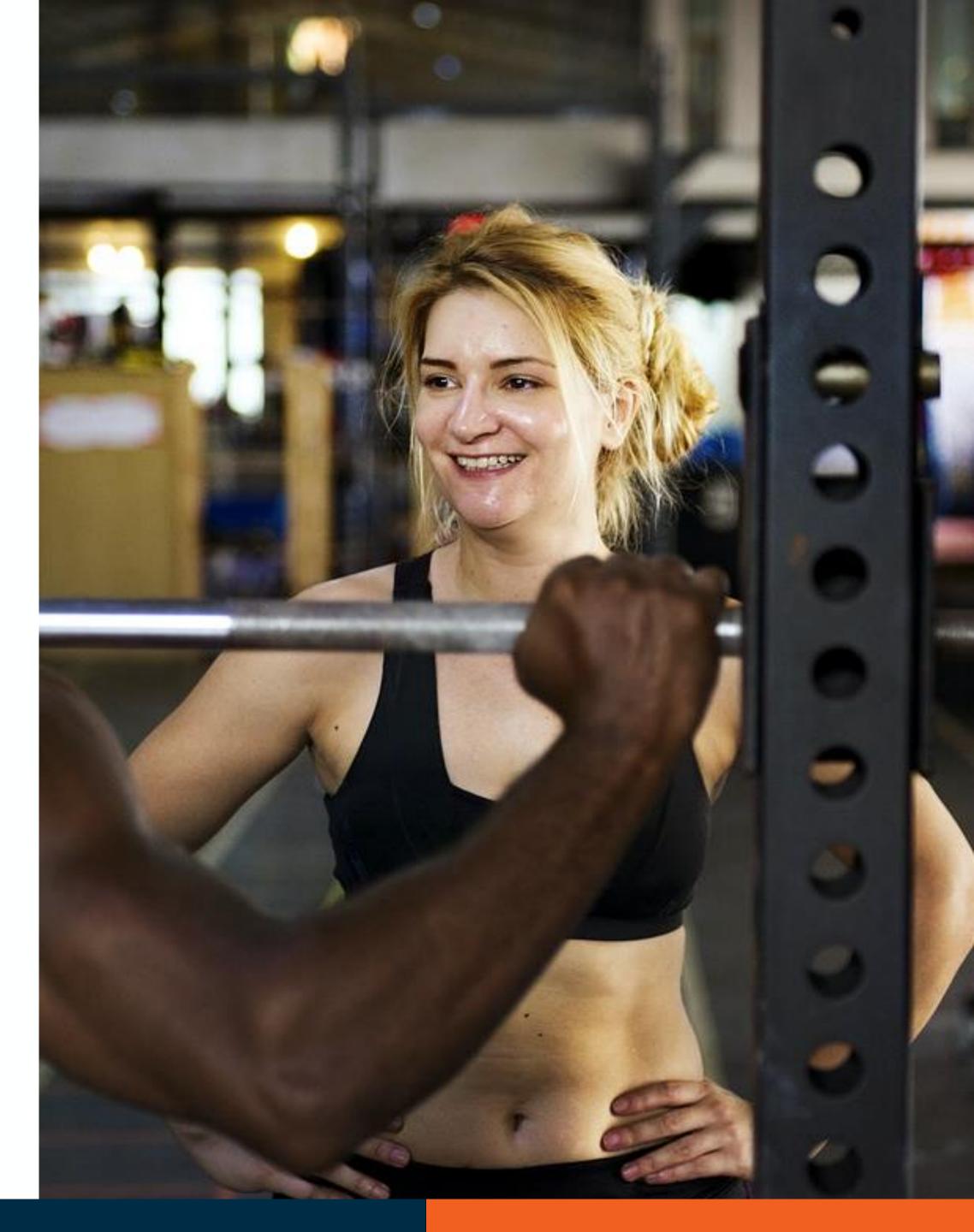
- What are the impacts of previous injuries?
- EP/ Physio led return to run program
- Monitoring and Communication from ES

Initial Off Feet Conditioning
 Considerations



Concurrent Strength Training Program

- As Little Time Leakage as Possible
- ES/EP Led Provided There is Strong Communication
- Individualised Considerations and Programming Vs Group Training



Warm Up	Bike, Rowing Machine or Treadmill	Perform 3-5 minutes of cardio if you have just come from work or need energy enetering the gym		\								nil
Mobility +	Crucifix Twist SL Deadlift Yoga Pushup	Keep Shoulders on the ground, build rotation Chest up, weight through the hamstring Bring your head through your hands close to floor	2 2 2	10 5ea	2 2	10 5ea 5	2 2	10 5ea	2 2	10 5ea		nil
Stability	Scarecrows	Keep chest on the ground (up, out, back, down)	2	10	2	10	2	10	2	10		
Strength	Dumbbell RDL Pushup	Tension through the back of the legs before lifting Elbows tucked to 45, lower under control	3	10 3	3	10 3	3	12 3	3	12 3		
	Dumbbell Overhead Press Walking Lunge	Palms face midline at bottom, face forward at top Keep feet on train tracks, not tightrope	3	10 5ea	3	10 5ea	3 3	12 5ea	3	12 5ea		
+ Power	Supine Row Crab Walk	Split stance, keep elbow tucked into side push through heel, drop straight down each step	3	10 8ea	3 3	10 8ea	3	12 8ea	3	12 8ea		60 sec
	Supermans Glute Bridge	no movement through the back, squeeze glute Squeeze as hard as you can at the top for the time	3	5ea 5ea	3	5ea 5ea	3	5ea 5ea	3	5ea 5ea		
	Crunches	elbows to knees, push the last set!	3	15+	3	15+	3	15+	3	15+		

				_	ļ									
Mobility	Crucifix Twist	Keep Shoulders on the ground, build rotation	2	10		2	10	3	10	3	10			
+	SL Deadlift	Chest up, weight through the hamstring	2	5ea		2	5ea	3	5ea	3	5ea		nil	
Stability	Yoga Pushup	Bring your head through your hands close to floor	2	5		2	5	3	5	3	5			
	Scarecrows	Keep chest on the ground (up, out, back, down)	2	10		2	10	3	10	3	10			
	Barbell/ Dumbbell Squat	Weight through the heels, fully extend hips	3	10		3	10	3	12	3	12		1	
	Vertical Jump	Jump as high as you can!	3	5		3	5	3	5	3	5			
Strength + Power	Dumbbell Bench Press	Start on toes and finish set on the knees	3	10		3	10	3	12	3	12			
	Band Pull Apart	Bend the knees, brace abs and move with speed	3	5ea		3	5ea	3	5ea	3	5ea			
	Banded Chinup/ Lat Pulldown	Bring bar/ handle to between chin and collar	3	10		3	10	3	12	3	12		60 sec	
	Split Squat	(stationary lunge)	3	8ea.		3	8ea.	3	8ea.	3	8ea.			
	Partner Band Rot.	Laying on back, opposite limbs	3	5ea		3	5ea	3	5ea	3	5ea			
	Side Raises	Brace abs and glutes, keep pelvis tucked under	3	10		3	10	3	10	3	12			
	Leg Raises	45 degrees to kicking legs at topqw	3	15+		3	15+	3	15+	3	15+			

Build Your Program!

	Exercise	Sets	Repetitions	Tempo/ Notes
Warmup/Mobility				
Strength/ Power				
Conditioning				

Reflection



How does this differ to some of the interventions you have prescribed in the past?



What did you learn from the presenters that you can incorporate into your own training program?





- Mitchell Finn AES Member Development
 Officer
 - Mitchell.finn@essa.org.au

- Alice Hyslop Physiotherapist
 - alice.hyslop@allsportsphysio.com.au

- Harley McIntyre AEP
 - exercisephysiology@activematters.com.au



Thank you



E info@essa.org.au
 P 07 3171 3335
 F 07 3318 7666
 A Locked Bag 4102, Ascot QLD 4007
 www.essa.org.au