

UNBREAKABLE WARRIOR

10TH MOUNTAIN DIVISION

AMBER LOWER

INSTRUCTOR

SMART BOOK

ATTENDANCE ROSTER

1

INDIVIDUAL SOLDIER DOCUMENTATION

2

INJURY SPECIFIC PRT SCHEDULE

3

INJURY SPECIFIC PRT SCHEDULE KEY

4

INJURY SPECIFIC EXERCISES

5

BLANK FUNCTIONAL ASSESSMENTS

6

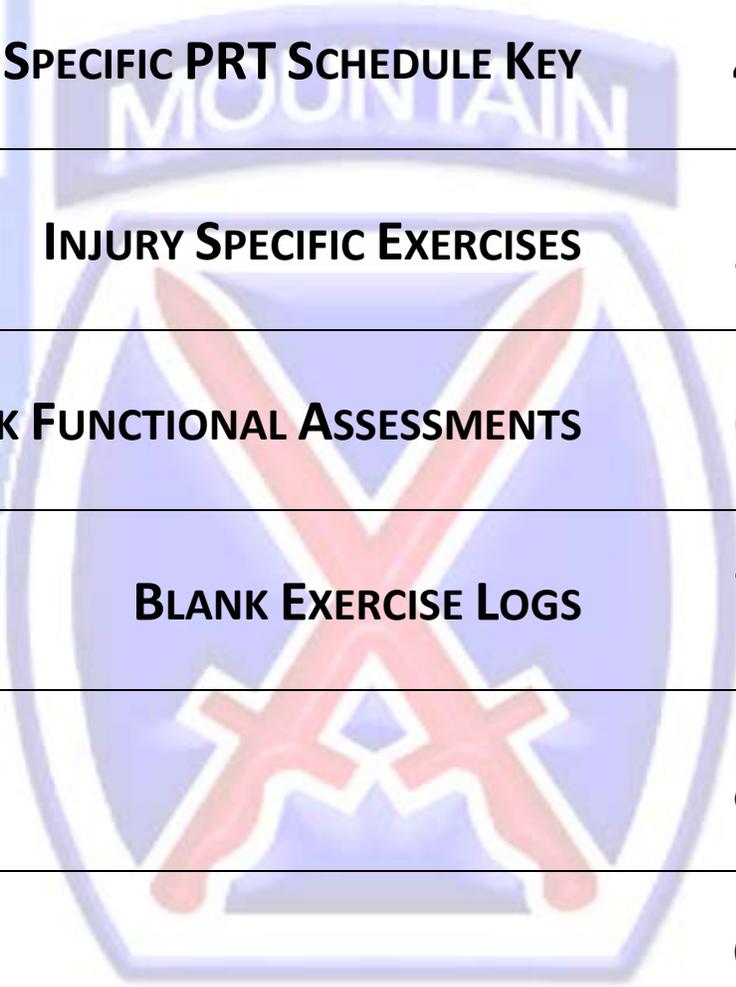
BLANK EXERCISE LOGS

7

8

9

10



AMBER LOWER

Week (circle): A B Dates: _____ Name: _____

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--------|---------|-----------|----------|--------|
| Upper Body Push: | | | | | |
| Flat Bench Press | | | | | |
| Incline Bench Press | | | | | |
| Decline Bench Press | | | | | |
| Push-Ups | | | | | |
| Dips | | | | | |
| Triceps Press | | | | | |
| Shoulder Press | | | | | |
| Medicine Ball Throws | | | | | |
| Upper Body Pull: | | | | | |
| Pull-Ups | | | | | |
| Pull-Downs | | | | | |
| Rows (seated or standing) | | | | | |
| Upright Rows | | | | | |
| Flyes | | | | | |
| Core: | | | | | |
| Crunch (or double) | | | | | |
| Bent Leg Hold | | | | | |
| Forward Plank | | | | | |
| Side Plank | | | | | |
| Side Sit-Ups | | | | | |
| Bent Leg Body Twist | | | | | |
| Bridge | | | | | |
| Quadruplex | | | | | |
| Prone Row | | | | | |
| Superman | | | | | |
| Shoulder Stability (Y, T, L, W) | | | | | |

ENTRY & EXIT FUNCTIONAL CRITERIA (per FM 7-22)

Soldier: _____

Soldiers remaining the **RED** and **AMBER** groups (Level I) until they are able to complete the following functional criteria **without pain**.

| Exercise | Interval | Date/Result | Date/Result | Date/Result | Date/Result | Date/Result |
|-----------------------|--------------------------------------|-------------|-------------|-------------|-------------|-------------|
| Partial Squats | 5 Repetitions in 5 Seconds | | | | | |
| Push-Ups | 10 Repetitions to Standard | | | | | |
| Sit-Ups | 10 Repetitions to Standard | | | | | |
| Hang from Pull-Up Bar | 15 Seconds | | | | | |
| Walk | 30 Minutes Unassisted at Normal Gain | | | | | |

Soldiers may exit the **GREEN** (Level II) group when they can complete the following functional criteria **without pain** and a diagnostic APFT:

| Routine | Interval | Date/Result | Date/Result | Date/Result | Date/Result | Date/Result |
|---------------------------|--|-------------|-------------|-------------|-------------|-------------|
| Preparation | 5 Repetitions to Standard | | | | | |
| Military Movement Drill 1 | 1 Repetition to Standard | | | | | |
| Conditioning Drill 1 | 5 Repetitions to Standard | | | | | |
| Climbing Drill 1 | 5 Repetitions to Standard | | | | | |
| Continuous Running | 30 Minutes at Slowest AGR Pace in Unit | | | | | |
| Recovery Drill | Hold Each Stretch for 20 Seconds to Standard | | | | | |
| Diagnostic APFT | Pass a diagnostic APFT | | | | | |

AMBER LOWER RECONDITIONING/PROFILE PRT SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|--|---|--|
| Week A | Preparation | Preparation | Preparation | Preparation | Preparation |
| | Upper Body Push & Pull | Core Strength | Upper Body Push & Pull | Core Strength | Upper Body Push & Pull |
| | Circuit/High-Intensity Cycle, Elliptical, or Stairmaster | Pool, Walk, or Long Cycle, Elliptical, or Stairmaster | Circuit/High-Intensity Cycle, Elliptical, or Stairmaster | Pool, Walk, or Long Cycle, Elliptical, or Stairmaster | Circuit/High-Intensity Cycle, Elliptical, or Stairmaster |
| | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|---|--|---|
| Week B | Preparation | Preparation | Preparation | Preparation | Preparation |
| | Core Strength | Upper Body Push & Pull | Core Strength | Upper Body Push & Pull | Core Strength |
| | Pool, Walk, or Long Cycle, Elliptical, or Stairmaster | Circuit/High-Intensity Cycle, Elliptical, or Stairmaster | Pool, Walk, or Long Cycle, Elliptical, or Stairmaster | Circuit/High-Intensity Cycle, Elliptical, or Stairmaster | Pool, Walk, or Long Cycle, Elliptical, or Stairmaster |
| | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches | Injury Specific Exercises & Stretches |

** Soldiers entering the program will fall in with the schedule already in progress (i.e. Today is Wednesday and the group is on Week B. The new Soldier will start his/her program following that Wednesday's Week B program).

* Refer to the **PRT Schedule Key** for more detailed information about the Week A/B program.

AMBER LOWER RECONDITIONING/PROFILE PRT SCHEDULE KEY

| Preparation | Upper Body Push & Pull | Core Strength | | | | | | | | | | | | | | | | | | | | |
|--|---|---|---------------|--------------|---------------|-----------------|----------|------------|---------------|-----------|--------------|----------|------------------|----------------------|------------|-----|--------------|-----|--------------------|-----|--|-----|
| <p><u>Five Minute Warm-Up:</u></p> <ul style="list-style-type: none"> 1 Minute Rapid Air Boxing 1 Minute Front Clapper 3 Minute Brisk Walking* <p><u>Preparation Drills:</u></p> <ul style="list-style-type: none"> Prone Row Push-Up Modified Rower w/ Limited Range of Motion Modified Bend & Reach Modified High Jumper <p>*If brisk walking causes any pain, replace the walk with:</p> <ul style="list-style-type: none"> 1 Minute Rapid Air Boxing 1 Minute Front Clapper 30 Sec Rapid Air Boxing 30 Sec Front Clapper | <p>Examples include but are not limited to:</p> <p><u>Push:</u></p> <ul style="list-style-type: none"> Push-Ups Tricep Press Dips Bench Press (including incline/decline) Medicine Ball Throws (chest pass, lateral toss, overhead/underhand) <p><u>Pull:</u></p> <ul style="list-style-type: none"> Pull-Ups Biceps Curl Rows Upright Row Flyes Prone Row | <p>Choose 4 exercises, one from each group:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"><u>Front:</u></td> <td style="width: 50%; vertical-align: top;"><u>Back:</u></td> </tr> <tr> <td>Forward Plank</td> <td>Shoulder Bridge</td> </tr> <tr> <td>Crunches</td> <td>Quadruplex</td> </tr> <tr> <td>Double Crunch</td> <td>Prone Row</td> </tr> <tr> <td>Ben Leg Hold</td> <td>Superman</td> </tr> <tr> <td> <u>Side:</u></td> <td> <u>Shoulder:</u></td> </tr> <tr> <td>Side Plank</td> <td>Y's</td> </tr> <tr> <td>Side Sit-Ups</td> <td>T's</td> </tr> <tr> <td>Ben Leg Body Twist</td> <td>L's</td> </tr> <tr> <td></td> <td>W's</td> </tr> </table> | <u>Front:</u> | <u>Back:</u> | Forward Plank | Shoulder Bridge | Crunches | Quadruplex | Double Crunch | Prone Row | Ben Leg Hold | Superman | <u>Side:</u> | <u>Shoulder:</u> | Side Plank | Y's | Side Sit-Ups | T's | Ben Leg Body Twist | L's | | W's |
| <u>Front:</u> | <u>Back:</u> | | | | | | | | | | | | | | | | | | | | | |
| Forward Plank | Shoulder Bridge | | | | | | | | | | | | | | | | | | | | | |
| Crunches | Quadruplex | | | | | | | | | | | | | | | | | | | | | |
| Double Crunch | Prone Row | | | | | | | | | | | | | | | | | | | | | |
| Ben Leg Hold | Superman | | | | | | | | | | | | | | | | | | | | | |
| <u>Side:</u> | <u>Shoulder:</u> | | | | | | | | | | | | | | | | | | | | | |
| Side Plank | Y's | | | | | | | | | | | | | | | | | | | | | |
| Side Sit-Ups | T's | | | | | | | | | | | | | | | | | | | | | |
| Ben Leg Body Twist | L's | | | | | | | | | | | | | | | | | | | | | |
| | W's | | | | | | | | | | | | | | | | | | | | | |

| Circuit/High Intensity Cycle, Elliptical, or Stairmaster | Pool, Walk, or Long Cycle/Elliptical/Stairmaster | Injury Specific Exercises and Stretches |
|--|---|--|
| <p>Break into groups of 3. Use a stationary bike, Stairmaster, or elliptical for cardio. While one Soldier is using the machine, the other 2 are strength training. After every 5-10 minutes, the Soldiers rotate for use of the machine.</p> <p>Example high-intensity options:</p> <p><u>30 Second Blocks:</u></p> <ul style="list-style-type: none"> 30 Sec Warm-Up, 30 Sec High-Intensity for 5 Minutes Repeat 4 times per Soldier with active rest (strength training) between blocks. <p><u>3-2-1 Blocks:</u></p> <ul style="list-style-type: none"> 3 Minute Warm-Up, 3 Minute High-Intensity 2 Minute Warm-Up, 2 Minute High-Intensity 1 Minute Warm-Up, 1 Minute High-Intensity Repeat 3 times per Soldier with active rest (strength training) between blocks. <p><u>Spinning:</u></p> <ul style="list-style-type: none"> MWR often offers spinning classes | <p>Pool, walk, elliptical, Stairmaster, or cycle for 30-60 minutes.</p> <p><u>Pool Options Include:</u></p> <ul style="list-style-type: none"> Lap Swim Deep water running Shallow end walking Swimming with float between the knees <p><u>Cycle Options Include:</u></p> <ul style="list-style-type: none"> Renting from MWR or using personally owned bike Stationary cycle | <p><u>If enrolled in physical therapy:</u></p> <ul style="list-style-type: none"> Do prescribed physical therapy exercises and stretches. If unit physician assistant (PA) provided an exercise handout, execute the exercises on that handout. <p><u>If not yet enrolled in physical therapy:</u></p> <ul style="list-style-type: none"> Do the exercises outlined in this reference for the injured body part. If an exercise results in an increase in pain, back down the range of movement or the force of the movement until it is no longer painful. If still painful, avoid the exercise. |

Heel Pain

*Use these exercises ONLY if you do not have exercises from a medical care provider. If you have exercises from your care provider, do those instead.

Do all 5 exercises and stretches below. **Skip any that cause sharp pain.**

1. Calf Stretch (Gastrocnemius):

Keeping the back leg straight with the heel on the floor and turned slightly outward, lean into the wall until a stretch is felt in the calf. Hold for 15-30 seconds. Repeat 2 times for each leg.



2. Calf Stretch (Soleus):

Standing with both knees bent and the involved foot back. Gently lean into the wall until a stretch is felt in the lower calf. Hold for 15-30 seconds. Repeat 2 times for each leg.



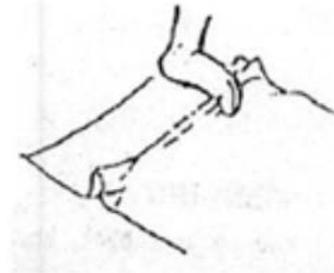
3. Plantar Foot Stretch:

Pull up all of your toes and bring your whole foot towards your face to feel a stretch on the bottom of your foot. Hold for 15-30 seconds. Repeat 2 times for each foot.



4. Towel Scrunching:

Use your toes to scrunch up a towel. Repeat this 3 times for 30 seconds.



5. Advanced Heel Cord Stretch:

Stand with heel over the edge of a step and lower your heel to get a moderate stretch. Try with knee straight and bent as before.



Shin Splints

Do all 5 exercises and stretches below. **Skip any that cause sharp pain.**

1. Calf Stretch (Gastrocnemius):

Keeping the back leg straight with the heel on the floor and turned slightly outward, lean into the wall until a stretch is felt in the calf. Hold for 15-30 seconds. Repeat 2 times for each leg.



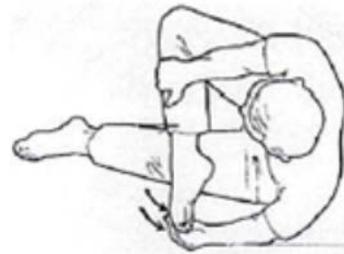
2. Calf Stretch (Soleus):

Standing with both knees bent and the involved foot back. Gently lean into the wall until a stretch is felt in the lower calf. Hold for 15-30 seconds. Repeat 2 times for each leg.



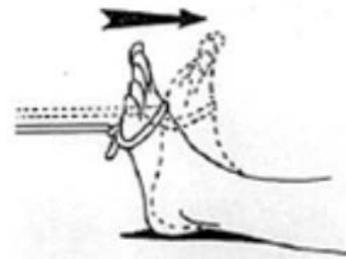
3. Ankle Plantar Flexion Stretch:

Gently grasp foot and bend the ankle down. Hold for 15-30 seconds. Repeat 2 times for each foot.



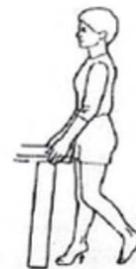
4. Resisted Dorsiflexion:

With tubing anchored to a door jam, pull your foot toward your face. Hold for 2 seconds. Repeat 10-15 times, 3 sets for each leg. If no tubing is available, lean back against a wall with your feet 12 inches away from the wall. Raise your toes off the ground. Hold for 2 seconds. Repeat 10-15 times, 3 sets for each.



5. Heel Raises Single Limb Stance:

Start by using a table or wall for balance initially for one leg or use both legs without holding on and progress as you become stronger to doing it on one foot without touching anything. Hold for 1 second. Repeat 10 repetitions, 3 times. Then repeat the same thing with your knees bent.



Ankle Sprain

Phase 1

Phase 1 is over when these exercises are easy. Do all 7 exercises and stretches below. **Skip any that cause sharp pain.**

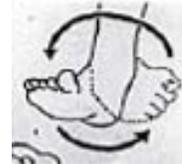
1. Alphabet Writing:

Pretend there is a pen between your big toe and second toe. Use that imaginary pen to write the alphabet in large letters. Repeat 2 times.



2. Ankle Circles:

Do clockwise and counterclockwise. Repeat 10-20 times each way.



3. Ankle Pumps:

Bring foot up and point foot down. Repeat 10-15 times.



4. Inversion/Eversion:

Bring foot in and out to the side (most important is out). Repeat 10-15 times for 3 sets.



5. Heel Cord Stretch:

Using a towel around your foot, pull foot towards your body. Hold for 15-30 seconds. Repeat 2 times each side.



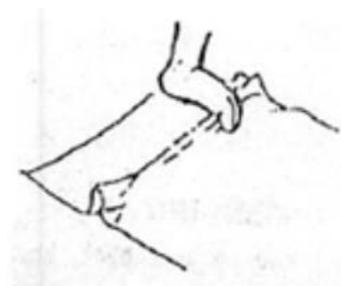
6. Towel Slide:

Bring the foot on the towel towards the outside. Hold for 1 second. Repeat 3 sets of 10-15 repetitions.



7. Towel Scrunching:

Use your toes to scrunch up a towel. Repeat this 3 times for 30 seconds.



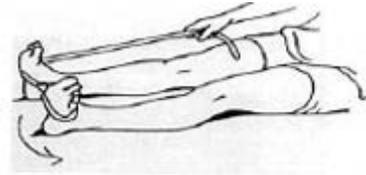
Ankle Sprain

Phase 2

Do all 6 exercises and stretches below. **Skip any that cause sharp pain.**

1. Eversion:

Put tubing around both ankles as pictured and push injured ankle out and slightly upward to the side (away from opposite ankle). Do 3 sets of 10-15 reps.



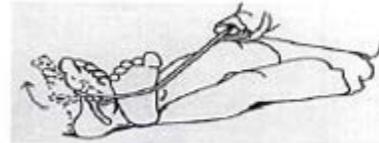
2. Dorsiflexion:

Hook band to bottom of bed or have someone hold to provide resistance against bringing your foot up towards you. Do 3 sets of 10-15 reps.



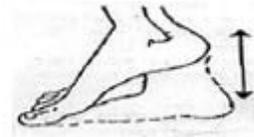
3. Inversion:

Cross uninvolved ankle over the involved one and with the tubing around both, bring foot inwards. Do 3 sets of 10-15 reps.



4. Seated Heel Raise:

Raise the weight of your leg off of your heel while being seated. Do 3 sets of 10-15 reps.



5. Calf Stretch (Gastrocnemius):

Keeping the back leg straight with the heel on the floor and turned slightly outward, lean into the wall until a stretch is felt in the calf. Hold for 15-30 seconds. Repeat 2 times for each leg.



6. Calf Stretch (Soleus):

Standing with both knees bent and the involved foot back, gently lean into the wall until a stretch is felt in the lower calf. Hold for 15-30 seconds. Repeat 2 times for each leg.



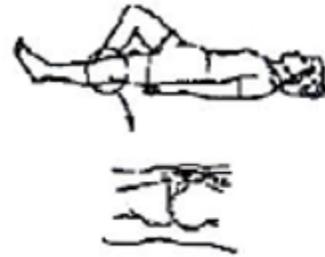
Knee Pain

Exercises

Choose 3 each day. **Skip any that cause sharp pain.** It's okay to do 3 different exercises each day or stick with your favorites.

1. Quad Set:

With leg straight, tighten the muscle on top of the thigh. Hold for 5 seconds. Keep holding and tighten even more. Hold for 5 more seconds. Repeat 10 times. Do 3 sets for each side.



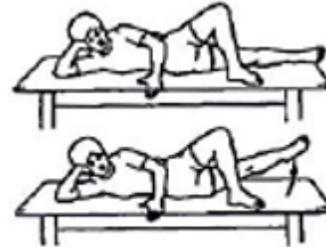
2. Straight Leg Raise:

Tighten the muscle on top of the thigh. Raise the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



3. Side Lying Hip Adduction:

Lying on your side, tighten the muscle on top of the thigh, then lift the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



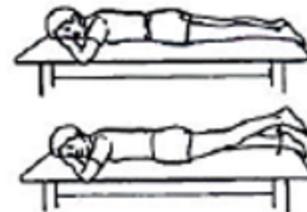
4. Side Lying Hip Abduction:

Lying on your side, tighten the muscle on the top of the thigh, then lift the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



5. Prone Hip Extension:

Lying on your stomach, tighten the muscles on the top of the thigh and lift the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



6. Wall Squat:

Place your back against the wall. Move your feet out 2-3 feet from the wall. Slide down as far as you can without causing pain. Keep your hips higher than your knees. Make sure your knees never go forward of your toes. Adjust your foot placement as needed. Hold for 15 seconds working up to 2 minutes. Repeat this 3 times.



Knee Pain

Stretches

Do all 4 stretches.

1. Hamstring Stretch:

Sit with one leg straight on the bench. Lean forward keeping your back straight. Hold for 15-30 seconds. Repeat 2 times for each side.



2. Quad Stretch:

Stand up straight. Grasp your ankle using the hand on the same side. Pull the ankle towards the buttocks. Avoid letting your knee go out to the side. Try to bring the knee you're stretching behind the one you're standing on. Hold the stretch for 15-30 seconds. Repeat 2 times for each side.



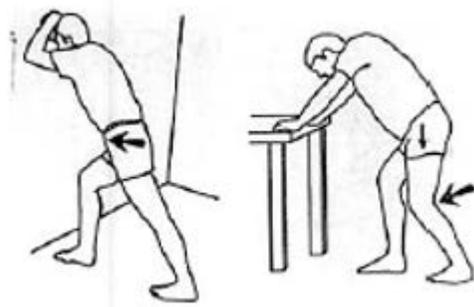
3. ITB Stretch:

Stand with the side you're stretching facing towards the wall. Lean at the trunk. Avoid bending forward at the waist. Hold for 15-30 seconds. Repeat 2 times for each side.



4. Calf Stretch:

Keeping your back straight with the heel on the floor and turned slightly outward, lean into the wall until a stretch is felt in the calf. Hold the stretch for 15-30 seconds. Repeat 2 times for each side.



Hip Pain

Exercises & Stretches

Do all 7. **Skip any that cause pain or popping.**

1. Straight Leg Raise:

Tighten the muscle on top of the thigh. Raise the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



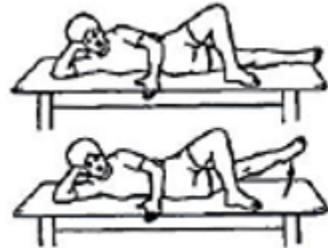
2. Side Lying Hip Abduction:

Lying on your side, tighten the muscle on the top of the thigh, then lift the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



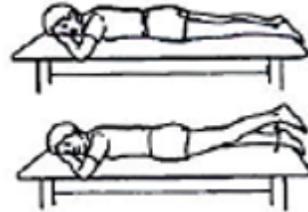
3. Side Lying Hip Adduction:

Lying on your side, tighten the muscle on top of the thigh, then lift the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



4. Prone Hip Extension:

Lying on your stomach, tighten the muscles on the top of the thigh and lift the leg 8-10 inches from the floor. Hold for 2 seconds. Repeat 10 times. As you get better, work up to 30 repetitions. Do 3 sets for each leg.



5. Hamstring Stretch:

Sit with one leg straight on the bench. Lean forward keeping your back straight. Hold for 15-30 seconds. Repeat 2 times for each side.



6. Quad Stretch:

Stand up straight. Grasp your ankle using the hand on the same side. Pull the ankle towards the buttocks. Avoid letting your knee go out to the side. Try to bring the knee you're stretching behind the one you're standing on. Hold the stretch for 15-30 seconds. Repeat 2 times for each side.



7. ITB Stretch:

Stand with the side you're stretching facing towards the wall. Lean at the trunk. Avoid bending forward at the waist. Hold for 15-30 seconds. Repeat 2 times for each side.

