

UNBREAKABLE WARRIOR

10TH MOUNTAIN DIVISION

AMBER UPPER

INSTRUCTOR

SMART BOOK

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AMBER UPPER

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Push (Lower Body):					
Leg Press					
Squats					
Step Ups					
Hip Abduction					
Lunging					
Knee Extension					
Heel Raises (calves)					
Pull (Lower Body):					
Hamstring Curls					
Hip Adduction					
Hip Extension (glute)					
Toe Raises (shins)					
Core:					
Crunch (or double)					
Bent Leg Hold					
Planking (modified)					
Quadruplex (modified)					
Superman (modified)					
Bridge					
Cardio					
Running					
Stairmaster					
Cycling					
Elliptical					
Other (ruck, row, swim, etc.)					

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 UPPER RECONDITIONING/PROFILE PRT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	Preparation	Preparation	Preparation	Preparation	Foot March (use progress Appendix) ONLY if not painful. If painful, do elliptical, Stairmaster, or bike fore 30-60 min.
	Lower Body Push & Pull	Core Strength	Lower Body Push & Pull	Core Strength	
	Run at own pace, pool, bike, elliptical, or Stairmaster	Circuit/High-Intensity Cycle, Elliptical, or Stairmaster	Run at own pace, pool, bike, 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	

	Monday	Tuesday	Wednesday	Thursday	Friday
Week B	Preparation	Preparation	Preparation	Preparation	Foot March (use progress Appendix) ONLY if not painful. If painful, do elliptical, Stairmaster, or bike fore 30-60 min.
	Core Strength	Lower Body Push & Pull	Core Strength	Lower Body Push & Pull	
	Run at own pace, pool, bike, elliptical, or Stairmaster	Circuit/High-Intensity Cycle, Elliptical, or Stairmaster	Run at own pace, pool, bike, 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	

** 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 UPPER RECONDITIONING/PROFILE PRT SCHEDULE KEY

Preparation	Lower Body Push & Pull	Core Strength
<p><u>Five Minute Warm-Up:</u> 5 Minute of Brisk Walking</p> <p><u>Preparation Drills:</u> Modified Rower w/o Use of Arms Modified Bend and Reach Rear Lunge Squat Bender Modified High Jumper with Arms Low</p>	<p>Examples include but are not limited to:</p> <p><u>Push:</u> Squats Lunges Leg Press Calf Raises Leg Extension</p> <p><u>Pull:</u> Hamstring Curl Toe Raise (work shins) Hip Adduction Hip Extension (glutes)</p>	<p>Choose 3 exercises, one from each group:</p> <p><u>Front:</u> Crunches Double Crunch Bent Leg Hold</p> <p><u>Side:</u> Side Sit-Ups Bent Leg Body Twist</p> <p><u>Back:</u> Shoulder Bridge</p>

Circuit/High Intensity Cycle, Elliptical, or Stairmaster	Run at Own Pace, Pool, Bike, Stairmaster, or Elliptical	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> 30 Sec Warm-Up, 30 Sec High-Intensity for 5 Minutes Repeat 4 times per Soldier with active rest (strength training) between blocks.</p> <p><u>3-2-1 Blocks:</u> 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> <p><u>Spinning:</u> MWR often offers spinning classes</p>	<p>If running is painful, use the pool, walk, elliptical, or cycle for 30-60 minutes.</p> <p><u>Pool Options Include:</u> Deep water running Shallow end walking</p> <p><u>Cycle Options Include:</u> Renting from MWR or using personally owned bike Stationary cycle</p> <p>On the elliptical, place hands on the stationary hand grips.</p>	<p><u>If enrolled in physical therapy:</u> Do prescribed physical therapy exercises and stretches. If unit physician assistant (PA) provided an exercise handout, execute the exercises on that handout.</p> <p><u>If not yet enrolled in physical therapy:</u> 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.</p>

Shoulder Pain

Exercises

Choose 2 exercises from each group. **Skip any that cause pain.**

Group A

1. Shoulder Blade Punch:

Attempt to push arms straight up towards the ceiling while keeping your back against the floor with the elbows straight. Repeat 15-30 times. Do 3 sets. Use weights (water bottles are a good option).



2. Scapular Squeeze:

Slowly pinch shoulder blades down and back. Hold for 3 seconds. Repeat 10 times. Do 3 sets.



3. Chair Push-Ups:

Seated in a chair with your arms at your side. Slowly lift your body weight off the chair while keeping your back straight. Repeat 10-15 times. Do 3 sets.



4. External Rotation:

Lying on the uninvolved side, place a towel roll between the upper arm and rib cage. Keep the elbow bent to 90 degrees and tuck to the side. Rotate arm upwards until horizontal.



5. Shoulder Scaption:

Hold a weight with thumb pointing up at a 30 degree angle from the forward position. Lift the arm to just below shoulder height (or lower if raising the arm higher causes pain). Use weights (water bottles are a good option). Do 3 sets of 10-15 repetitions.



Group B

6. Retraction in External Rotation:

With the fingers clasped behind the head, pull the elbows back while pinching the shoulder blades together. Repeat 10-15 times. Do 3 sets.



Shoulder Pain

Stretches

Choose 2 stretches. **Skip any that cause sharp pain.**

1. Horizontal Shoulder Doorway Stretch:

Stand in front of a doorway. Place your hands on the doorframe at shoulder height. Tighten the abdominal muscles keeping your back straight. Step out and lean your body forward bending at the ankles. Feel a stretch in front of the shoulder/chest. Hold 10-30 seconds. Repeat 2 times.



2. Medial Rotator/Horizontal Adductor Stretch:

Stand in doorway. Bring the arm to shoulder height with the elbow bent to 90 degrees and forearm on the door frame. Tighten the abdominal muscles while keeping your back straight. Move your trunk forward while bending at the hips. Feel a stretch in front the shoulder/chest. Hold 15-30 seconds. Repeat 2 times on each side.



3. Horizontal Shoulder Stretch:

Hold onto your elbow at shoulder height the opposite hand. Pull the arm across your chest keeping your trunk still. Feel a stretch in the back and side of your shoulder. Hold for 15-30 seconds. Repeat 2 times for each side.



4. Inferior Capsule Stretch:

Gently pull your elbow over your head until a stretch is felt. Hold for 15-30 seconds. Repeat 2 times on each side.



Neck Pain

Exercises

Start with exercises #1 and #2. Progress to #3 and #4 when the first two get easy. **Skip any that cause pain.**

1. Isometric Lateral Bending – Beginner (in neutral position):

Using light pressure from your fingertips, press into the side of the head above the ear. Resist bending sideways. Hold for 3-5 seconds. Repeat 3-5 times in both directions.



2. Isometric Rotation – Beginner (in neutral position):

Using light pressure from your fingertips, press in the temple/forehead area. Resist turning your head. Hold for 3-5 seconds. Repeat 3-5 times in both directions.



3. Isometric Lateral Bending – Advanced (out of neutral position):

Tilt your head toward the shoulder. Apply light pressure to the side of the head just above the ear and resist tilting your head down further. Hold for 3-5 seconds. Repeat 3-5 times in both directions.



4. Isometric Lateral Bending – Advanced (out of neutral position):

Turn the head to the side. Apply light pressure to the area just in front of the temple and resist turning the head further. Turn head to the other side and repeat. Hold for 3-5 seconds. Repeat 3-5 times.



INJURY-SPECIFIC EXERCISES: CAUTION! Discontinue any exercise that increases radicular symptoms (e.g. shooting pain or numbness/tingling down the arm or into hand). Some mild increase in baseline pain is normal and expected with exercises, as long as it stays centralized in the neck and is relieved shortly after stopping.

Neck Pain

Stretches

Complete all 3 stretches. **Skip any that cause pain.**

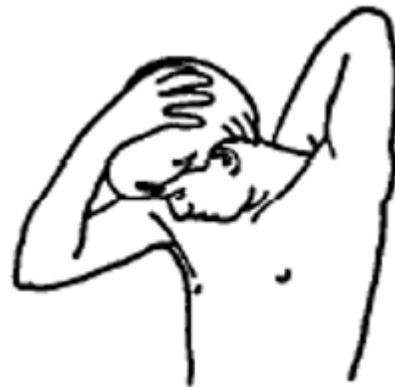
1. Lower Cervical/Upper Thoracic Stretch:

Clasp the hands together in front with arms extended. Gently pull your shoulder blades apart and bend the head forward. You should feel the stretch in your upper back. Hold for 15-30 seconds. Repeat 3 times.



2. Levator Scapulae Stretch:

Place hand on the shoulder blade on one side. With your other hand, gently stretch the head down and away. You should feel the stretch at the base of your skull down to your shoulder blade. Hold for 15-30 seconds. Repeat 3 times on each side.



3. Chin Tuck:

Gently pull your head straight back keeping the jaw and eyes level. To intensify this stretch, put your hand on your chin and gently push back. You should feel a stretch in the back of your neck under the base of the skull. Hold for 3 seconds and repeat 10 times.



INJURY-SPECIFIC EXERCISES: CAUTION! Discontinue any exercise that increases radicular symptoms (e.g. shooting pain or numbness/tingling down the arm or into hand). Some mild increase in baseline pain is normal and expected with exercises, as long as it stays centralized in the neck and is relieved shortly after stopping.

RETURN TO RUN PROGRESSION

Guidelines:

1. Begin this program only if you are able to walk 30 minutes without symptoms at a moderately challenging pace.
2. Perform every other day only. Do not run two days in a row.
3. Perform at easy pace on level surfaces – no hills. Treadmills are a good choice that allow easy monitoring of time/distance.
4. Use good jogging shoes that are not more than 6-9 months old (even if you were injured during that 6-9 months, that time still counts for the age of the shoe because the cushioning will break down with time alone).
5. Consider changing the kind of shoe you buy if your shoes may have contributed to your injury. Discuss with your medical provider if you are unsure of which shoes to wear.
6. Stop if you experience increased pain, swelling, or stiffness. Such symptoms might not arise until the day after running. Do not run again until these symptoms are gone and then resuming running at the last phase in which running was pain-free. Discuss with your medical provider when in doubt.
7. Try each phase at least twice, then progress if you experience no increased pain, swelling, or stiffness.
8. After phase 10, if greater running distance is desired, progress gradually by no more than 10 percent per week.

Begin each session with a 10 minute warm-up of walking or biking followed by stretching if directed by your medical provider.

Phase	Walk (min)	Run (min)	Repetitions	Total Time (min)
1	5	1	5	30
2	4	2	5	30
3	3	3	5	30
4	2	4	5	30
5	1	5	5	30
6	5	10	2	30
7	0	15	1	15
8	0	20	1	20
9	0	25	1	25
10	0	30	1	30

FOOT MARCH PROGRESSION*

Week	Weight/Gear	Distance (mi)
1	IOTV no plates	2
2	IOTV with 1 plate	2.5
3	IOTV with 2 plates	3
4	IOTV with all 4 plates	3
5	IOTV with plates and assault pack with 10 lbs	3
6	IOTV with plates and assault pack with 10 lbs	4
7	IOTV with plates and assault pack with 15 lbs	4
8	IOTV with plates and assault pack with 15 lbs	5
9	IOTV with plates and assault pack with 20 lbs	5
10	IOTV with plates and assault pack with 20 lbs	6
11	IOTV with plates and assault pack with 20 lbs	7
12	IOTV with plates and assault pack with 20 lbs	8
13	IOTV with plates and assault pack with 20 lbs	9
14	IOTV with plates and assault pack with 20 lbs	10
15	IOTV with plates and assault pack with 20 lbs	11
16	IOTV with plates and assault pack with 20 lbs	12

***Perform foot marches ONLY if not painful. If painful, do elliptical, Stairmaster, or bike for 30-60 min. Wear of IOTV/Assault Pack only recommended for Soldiers awaiting for RTD/REFRAD.**

Weight References:

Medium IOTV with all 4 plates, no ammunition: 30 lbs

Large IOTV with all 4 plates, no ammunition: 35 lbs