

UNBREAKABLE WARRIOR

10TH MOUNTAIN DIVISION

The background features two faded logos. On the left is the Airborne Division logo, which includes a gear and a paratrooper. On the right is the Mountain Division logo, which features two crossed axes. The text 'GREEN RECOVERY' is overlaid in the center in a large, bold, green font with a drop shadow.

GREEN RECOVERY

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

RUN TO RECOVERY PROGRESSION SCHEDULE 6

FOOT MARCH PROGRESSION SCHEDULE 7

BLANK FUNCTIONAL ASSESSMENTS 8

BLANK EXERCISE LOGS 9

10



GREEN RECOVERY

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					
Lower Body Push					
Squats					
Deadlifts					
Lunges					
Leg Press					
Calf Raises					
Knee Extension Machine					
Lower Body Pull:					
Hip Extension (glutes)					
Hip Adduction (shins)					
Toes Raises (shins)					
Hamstring Curls					

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					

GREEN RECOVERY RECONDITIONING/PROFILE PRT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	Preparation	Preparation	Preparation	Preparation	Preparation
	Push Strength	Core Strength	Pull Strength	Core Strength	Foot March Progression
	Return to Run Progression	Circuit/High-Intensity Cycle, Elliptical, or Stairmaster	Return to Run Progression	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	Preparation
	Push Strength	Core Strength	Pull Strength	Core Strength	Foot March Progression
	Return to Run Progression	Circuit/High-Intensity Cycle, Elliptical, or Stairmaster	Return to Run Progression	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.

GREEN RECOVERY RECONDITIONING/PROFILE PRT SCHEDULE KEY

Preparation	Push Strength/Pull Strength	Core Strength																																														
<p>Five Minute Warm-Up: 5 Minute Brisk Walking or Jogging</p> <p>Preparation Drills: Prone Row Push-Up Modified Rower w/ Limited Range of Motion Modified Bend & Reach Rear Lunge</p>	<p>Do 2 push and 2 pull for upper and lower body ONLY if not painful.</p> <p>Examples include but are not limited to:</p> <table style="width: 100%; border: none;"> <tr> <td style="border: none;"><u>Push (Upper Body):</u></td> <td style="border: none;"><u>Push (Lower Body):</u></td> </tr> <tr> <td style="border: none;">Push-Ups</td> <td style="border: none;">Squats</td> </tr> <tr> <td style="border: none;">Tricep Press</td> <td style="border: none;">Lunges</td> </tr> <tr> <td style="border: none;">Dips</td> <td style="border: none;">Leg Press</td> </tr> <tr> <td style="border: none;">Bench Press</td> <td style="border: none;">Calf Raises</td> </tr> <tr> <td style="border: none;">Medicine Ball Toss</td> <td style="border: none;">Leg Extension</td> </tr> <tr> <td style="border: none;"><u>Pull (Upper Body):</u></td> <td style="border: none;"><u>Pull (Lower Body):</u></td> </tr> <tr> <td style="border: none;">Pull-Ups</td> <td style="border: none;">Hamstring Curl</td> </tr> <tr> <td style="border: none;">Bicep Curl</td> <td style="border: none;">Toe Raise (work shins)</td> </tr> <tr> <td style="border: none;">Rows</td> <td style="border: none;">Hip Adduction</td> </tr> <tr> <td style="border: none;">Prone Row</td> <td style="border: none;">Hip Extension (glutes)</td> </tr> <tr> <td style="border: none;">Flyes</td> <td></td> </tr> <tr> <td style="border: none;">Upright Row</td> <td></td> </tr> </table>	<u>Push (Upper Body):</u>	<u>Push (Lower Body):</u>	Push-Ups	Squats	Tricep Press	Lunges	Dips	Leg Press	Bench Press	Calf Raises	Medicine Ball Toss	Leg Extension	<u>Pull (Upper Body):</u>	<u>Pull (Lower Body):</u>	Pull-Ups	Hamstring Curl	Bicep Curl	Toe Raise (work shins)	Rows	Hip Adduction	Prone Row	Hip Extension (glutes)	Flyes		Upright Row		<p>Choose 4 exercises, one from each group:</p> <table style="width: 100%; border: none;"> <tr> <td style="border: none;"><u>Front:</u></td> <td style="border: none;"><u>Back:</u></td> </tr> <tr> <td style="border: none;">Forward Plank</td> <td style="border: none;">Shoulder Bridge</td> </tr> <tr> <td style="border: none;">Crunches</td> <td style="border: none;">Quadruplex</td> </tr> <tr> <td style="border: none;">Double Crunch</td> <td style="border: none;">Prone Row</td> </tr> <tr> <td style="border: none;">Ben Leg Hold</td> <td style="border: none;">Superman</td> </tr> <tr> <td style="border: none;"><u>Side:</u></td> <td style="border: none;"><u>Shoulder:</u></td> </tr> <tr> <td style="border: none;">Side Plank</td> <td style="border: none;">Y's</td> </tr> <tr> <td style="border: none;">Side Sit-Ups</td> <td style="border: none;">T's</td> </tr> <tr> <td style="border: none;">Ben Leg Body Twist</td> <td style="border: none;">L's</td> </tr> <tr> <td></td> <td style="border: none;">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>Push (Upper Body):</u>	<u>Push (Lower Body):</u>																																															
Push-Ups	Squats																																															
Tricep Press	Lunges																																															
Dips	Leg Press																																															
Bench Press	Calf Raises																																															
Medicine Ball Toss	Leg Extension																																															
<u>Pull (Upper Body):</u>	<u>Pull (Lower Body):</u>																																															
Pull-Ups	Hamstring Curl																																															
Bicep Curl	Toe Raise (work shins)																																															
Rows	Hip Adduction																																															
Prone Row	Hip Extension (glutes)																																															
Flyes																																																
Upright Row																																																
<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	Run Progression Foot March Progression	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><u>Run Progression:</u> Only every other day Follow the 'Return to Run Progression' schedule</p> <p><u>Foot March Progression</u> Only on Fridays Follow the 'Foot March Progression' schedule</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>

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.



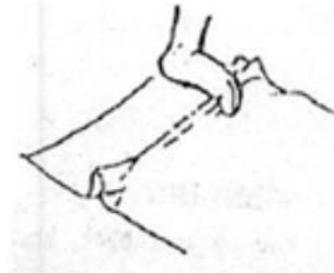
3. Plantar Foot Stretch:

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.



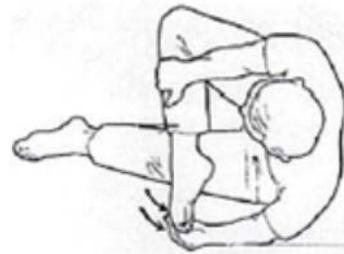
2. Calf Stretch (Soleus):

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.



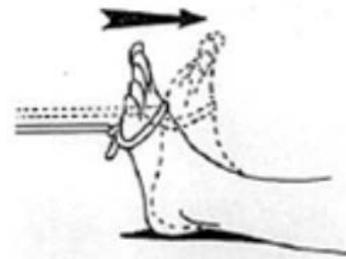
3. Ankle Plantar Flexion Stretch:

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.**

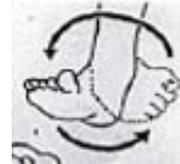
1. Alphabet Writing:

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.



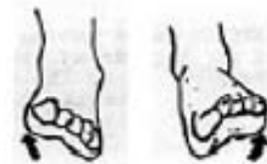
3. Ankle Pumps:

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.



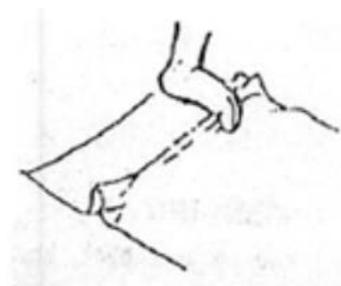
6. Towel Slide:

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.



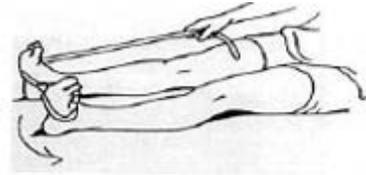
Ankle Sprain

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.



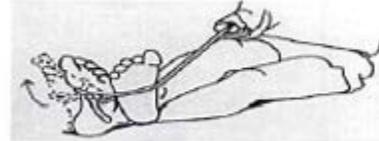
2. Dorsiflexion:

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.



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