

UNBREAKABLE WARRIOR

10TH MOUNTAIN DIVISION

RED LOWER

INSTRUCTOR

SMART BOOK

ATTENDANCE ROSTER

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RED 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-Up Variations					
Tricep Extensions					
Dips or Dip Machinge					
Seated Shoulder Press					
Medicine Ball Throws (Seated)					
Upper Body Pull:					
Lat Pull-Downs					
Seated Rows					
Flyes					
Pull-Ups (Assisted)					
Bicep Curls					
Core:					
Crunch (or double)					
Bent Leg Hold					
Front 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					

RED 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	Pool or Long Cycle	Circuit/High-Intensity Cycle	Pool or Long Cycle	Circuit/High-Intensity Cycle
	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 or Long Cycle	Circuit/High-Intensity Cycle	Pool or Long Cycle	Circuit/High-Intensity Cycle	Pool or Long Cycle
	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.

RED LOWER RECONDITIONING/PROFILE PRT SCHEDULE KEY

	Upper Body Push & Pull	Core Strength
<p><u>Five Minute Warm-Up*:</u></p> <ul style="list-style-type: none"> 1 Min Rapid Air Boxing 1 Min Front Clapper 1 Min Rapid Air Boxing 1 Min Front Clapper 30 Sec Rapid Air Boxing 30 Sec Front Clapper <p>*Use light hand weights or boxing gloves to increase intensity</p> <p><u>Preparation Drills:</u></p> <ul style="list-style-type: none"> Prone Row Push-Up or Modified Push-Up Modified Rower w/ Limited Range of Motion Body Twist 	<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 3 exercises, one from each group:</p> <p><u>Front:</u></p> <ul style="list-style-type: none"> Crunches Double Crunch Bent Leg Hold <p><u>Side:</u></p> <ul style="list-style-type: none"> Side Sit-Ups Bent Leg Body Twist <p><u>Back:</u></p> <ul style="list-style-type: none"> Shoulder Bridge

RED LOWER RECONDITIONING/PROFILE PRT SCHEDULE KEY

Circuit/High Intensity Cycle, Elliptical, or Stairmaster	Pool or Long Cycle	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 min Repeat 4 times per Soldier with active rest (strength training) between blocks.</p> <p><u>3-2-1 Blocks:</u> 3 Min Warm-Up, 3 Min High-Intensity 2 Min Warm-Up, 2 Min High-Intensity 1 Min Warm-Up, 1 Min High-Intensity Repeat 3 times per Soldier with active rest (strength training) between blocks.</p>	<p>Pool or cycle for 30-60 minutes*</p> <p><u>Pool Options Include:</u> Lap Swim Deep water running Shallow end walking Swimming with float between the knees</p> <p><u>Cycle Options Include:</u> Stationary Cycle. You may need to begin with little or no resistance depending upon your limitations.</p> <p>*If you are unable to cycle or swim, repeat the following upper body only sequence 10 times (30 minutes total):</p> <ul style="list-style-type: none"> 1 min Rapid Air Boxing 1 min Front Clap 1 min Crunches <p>Use weighted boxing gloves or small hand weights to increase intensity.</p> <p>**Other options include (if available): Hand Bike Seated Elliptical Rowing Machine (using arms only)</p>	<p><u>If enrolled in physical therapy:</u></p> <p>Do prescribed physical therapy exercises and stretches.</p> <p>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></p> <p>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>

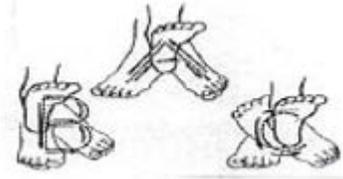
Ankle Sprain

Phase 1

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

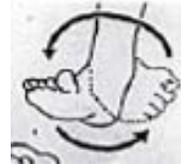
1. Alphabet Writing:

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.



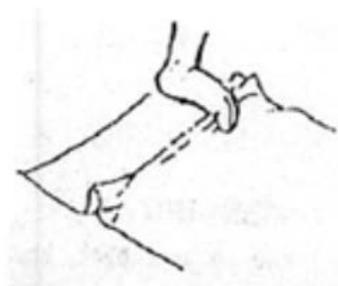
6. Towel Slide:

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.



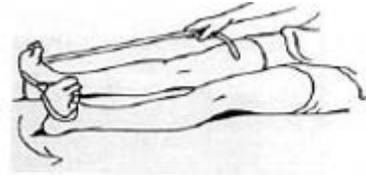
Ankle Sprain

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.



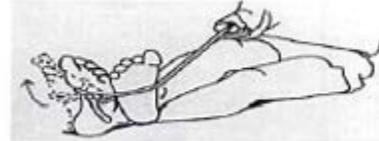
2. Dorsiflexion:

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.



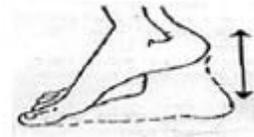
3. Inversion:

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.



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.



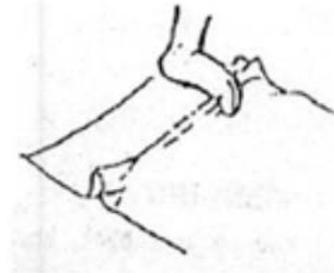
3. Plantar Foot Stretch:

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.



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.



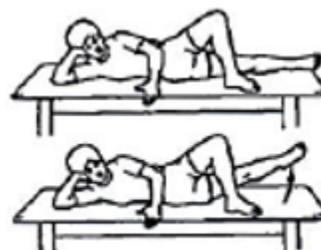
2. Side Lying Hip Abduction:

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.



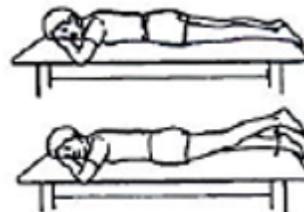
3. Side Lying Hip Adduction:

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.



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.



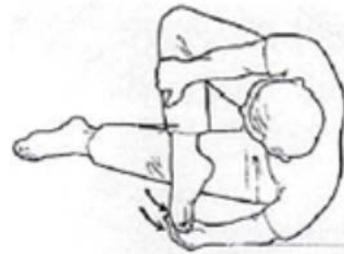
2. Calf Stretch (Soleus):

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.



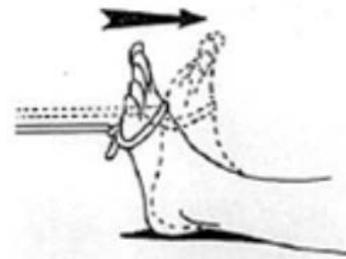
3. Ankle Plantar Flexion Stretch:

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.

