

# IMG Physical Therapy

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## INJURY PREVENTION PROGRAM FOR BRAZILIAN JIU-JITSU

This program is designed to increase strength, mobility, and flexibility of various structures in the body. The overall effect is to increase functional ability in positions and situations specific to Brazilian jiu-jitsu (BJJ) training sessions and competitions in order to minimizing risk of injury. While this exercise program was designed for BJJ, these exercises may be beneficial for and may be used by other combat athletes as well.

When you are exercising on your own, there are some things to remember...

- Any specific exercise that causes pain, especially sharp knife like pain, is hindering to your training process and should be modified or discontinued until you are able to notify your physical therapist, certified athletic trainer, training coach or physician.
- **If sharp pain persists, you should stop all sport activity until the pain ceases. If it does not go away, you should contact your therapist or physician immediately.**
- Injuries or re-injuries during your training or injury prevention process will slow your progress and could cause you to take time off from training to properly recover. If you get recurring pain, lower the resistance, lower the number or sets or repetitions, or reduce the range of motion to avoid the area of pain.
- You should experience muscle soreness, dull ache, fatigue and stretching sensations, but the exercises should not cause or increase pain or swelling.
- When in doubt about weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause injury by doing an exercise incorrectly.

*These exercises can be utilized as part of a warm-up before training or on their own as a separate program. If you are performing these exercises on their own, be sure to warm your muscles up with total body exercises (such as jumping jacks, jogging, burpees, etc) before beginning the exercises.*

These exercises are to be done 1 time per day or 3 to 5 days per week.

**\*\*Perform 1-2 sets of 15 repetitions for strengthening exercises\*\***

**\*\*Stretch for 3-10 repetitions holding for 10-30 seconds each time\*\***

You can ice for 15 minutes after exercising if you are sore.

## Posterior Chain and Lower Back Mobility



### **Toe Touch Stretch**

Standing with your feet together, reach down as far as you can to touch your toes. Keep your knees straight and try to bend at both your hips and back.

Hold for 30 seconds 3 times. Perform 3-5 times per week.



### **Crossovers**

Lie on your back with your feet flat on the floor. Rock your knees from side to side and allow your back to rotate with them.

Hold for 10 seconds on each side and do 10 reps each side. Perform 3-5 times a week.



### **Pigeon Stretch**

Sit on the ground with your right leg bent in front of you and your left leg extended behind you. Lean your body down over top of your right leg as far as you can comfortably.

Hold for 30 seconds 3 times and then perform on the other leg. Perform 3-5 times per week.

# Upper Body Strength and Mobility



## **Side Plank Rotations**

Begin in a push up position with your back flat. Lifting one arm off of the ground, rotate your body so that you are turned sideways and supported by your other arm. Control your balance and return to the starting position.

Perform 10 reps on each side 3-5 times per week.

You can add a push up at the beginning of each rep to further challenge yourself.



## **Wall Slides**

Standing with your back flat against a wall and knees slightly bent, place your arms in a field goal position against a wall. Keeping your arms and hands against the wall, slide your arms overhead as high as you can and bring them back down. Your arms and hands should touch the wall at all times.

Perform 15 reps 3-5 times per week.



## **T's, Y's, and I's**

Lying on your stomach. Position your arms straight out to the side. Squeezing your shoulder blades together, lift your arms off of the ground 10 times. Perform the same motion with your arms at 45 degrees above your head and then straight above your head.

Perform 10 times in each position 3-5 times per week.

## Lower Body Strength and Mobility



### **Band Squats**

With a theraband above your knees, perform a squat. Make sure to keep your knees out at shoulder width and in line with your toes.

Perform 10 reps 2 times. Perform 3-5 times per week.



### **Lateral Monster Walk**

With a theraband below your knees, stand in a squat position. Step to the side and walk sideways for 15 steps. Facing the same direction, walk sideways back to where you began.

Perform 15 steps in each direction. Perform 3-5 times per week.



### **Standing Straight Leg Raises**

Standing on one foot with a theraband around your ankles, kick your leg out to the side 10 times. Perform the same motion by kicking backward and then kicking forward. Try to maintain your balance, but if you need to, you may hold on to a chair for support.

Perform 10 reps in each direction on each foot. Perform 3-5 times per week.