Injury Prevention, Recovery and Physical Strengthening

Tony Gallo, PT
Recovery
Figure 1: Muscle belly split into various component parts (from Essentials of Strength Training & Conditioning, National Strength & Conditioning Association)
The hardest to is one you don’t even realize you are fighting, and the hardest enemy to defeat is the one you don’t even know exists.

Every day you are at with gravity.
Lateral Head
Εξω Κεφαλή

Medial Head
Εσω Κεφαλή

Gastrocnemius Muscle
Γαστροκνήμιος Μύς

Рήξ Ιών
Fibres Tear

Achilles tendon
Αχίλλειος Τένοντας

Copyright: Dr. Harry Gouvas, MD, PhD
STRENGTHENING
BODY WEIGHT EXERCISE
RESISTIVE TUBING
FREE WEIGHTS
STATIONARY MACHINES
KETTLE BELLS
CLUB BELLS
Resources

- Scott Sonnon, International Martial Arts Instructor, world renown trainer and founder of RMAX International [www.rmaxinternational.com](http://www.rmaxinternational.com)
- Dr. Eric Cobb, Founder of Z–Health
- Matthew Kelly, Motivation Speaker, Author and Business Consultant