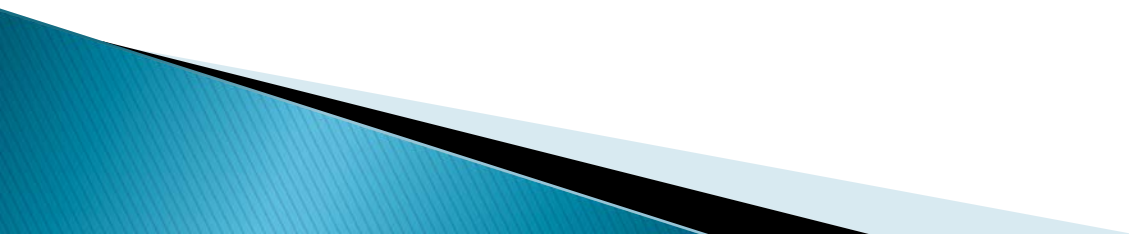


# Injury Prevention, Recovery and Physical Strengthening

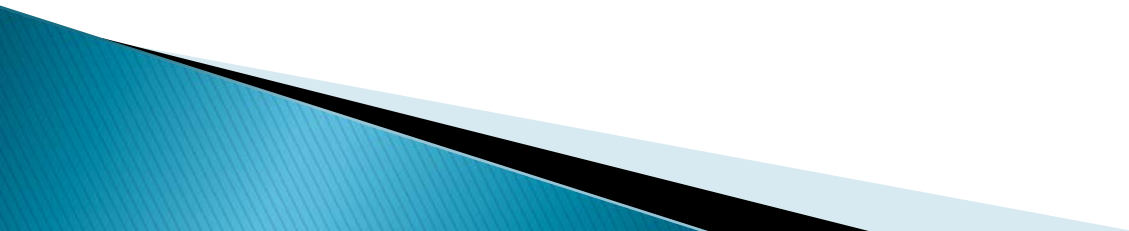
Tony Gallo, PT

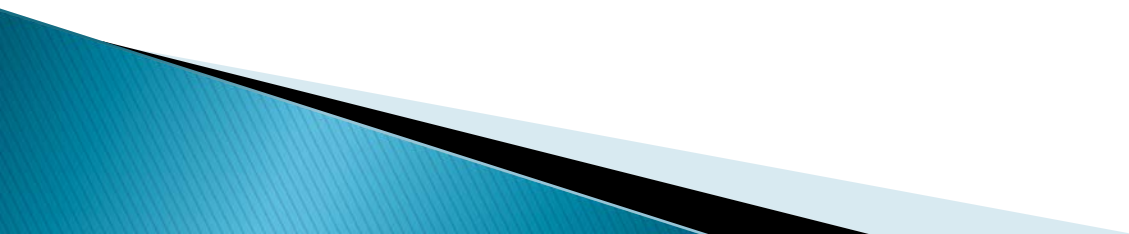
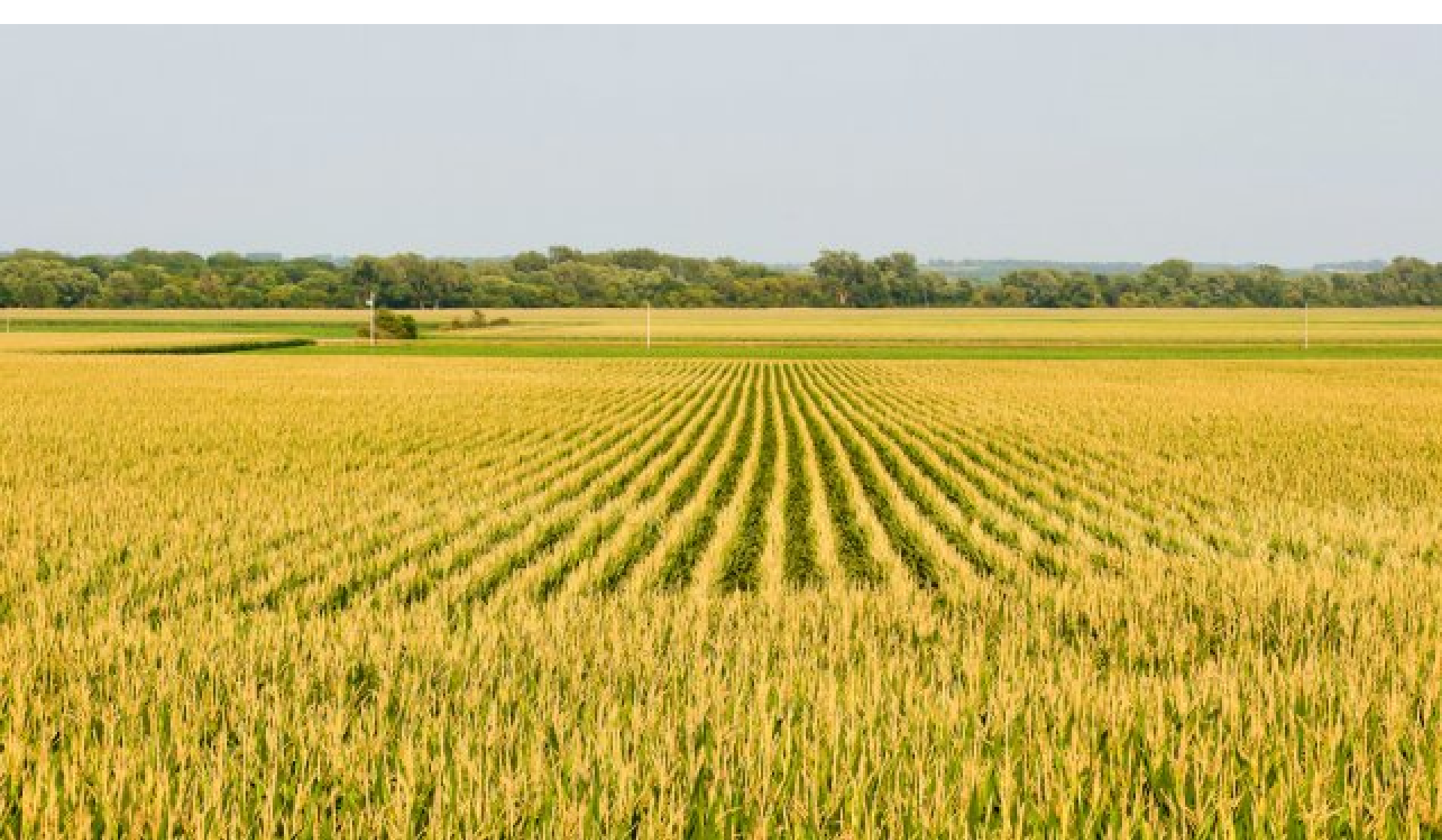


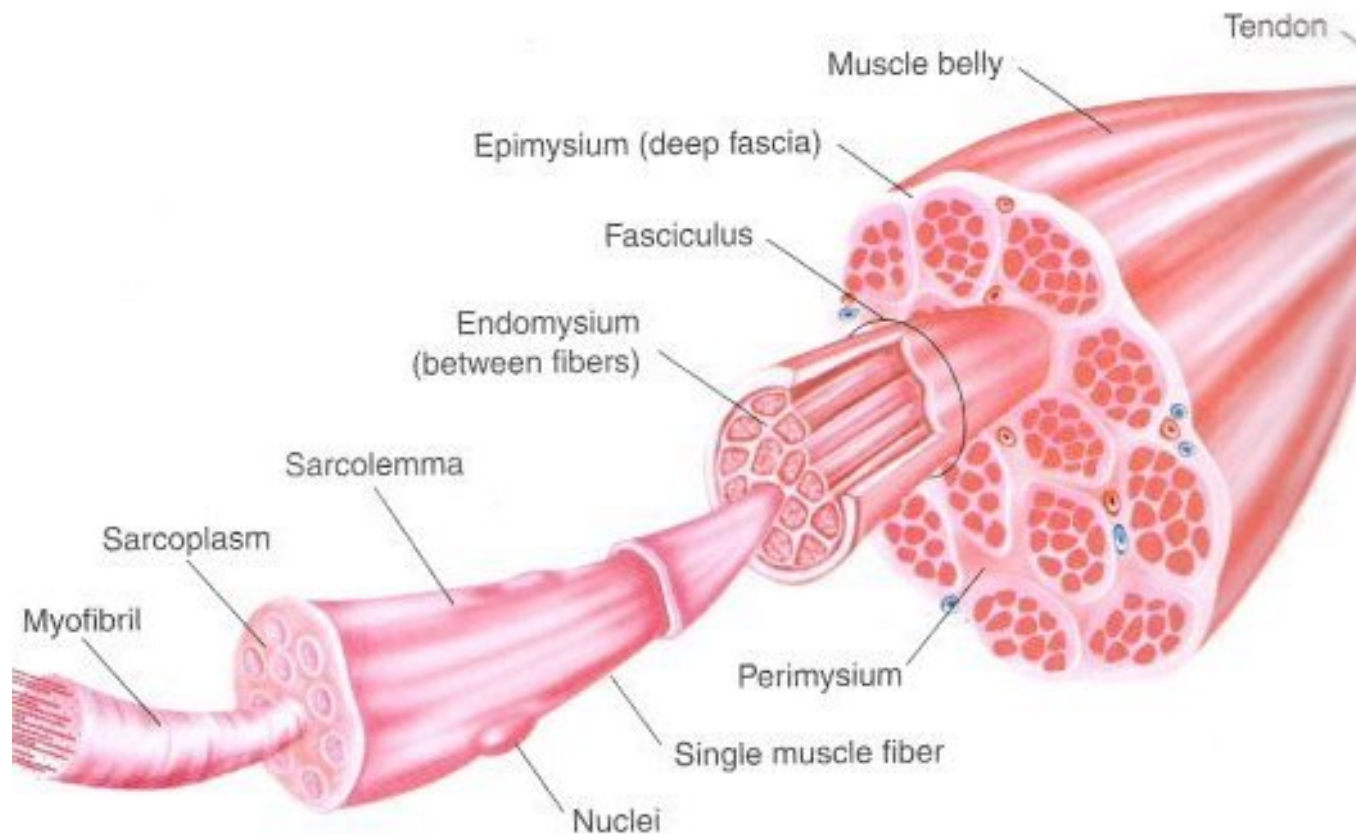
**You**  **Tube**



# Recovery



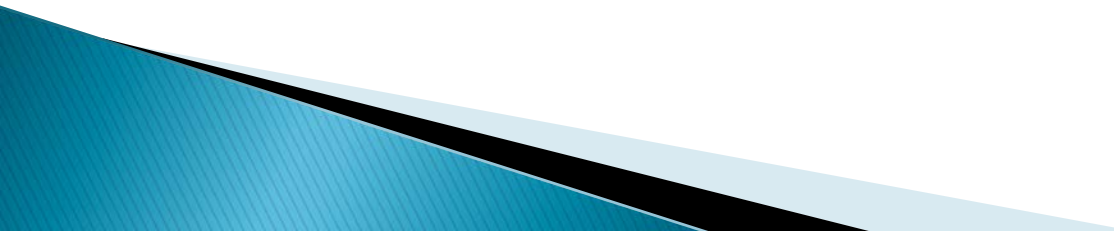




**Figure 1: Muscle belly split into various component parts (from Essentials of Strength Training & Conditioning, National Strength & Conditioning Association)**

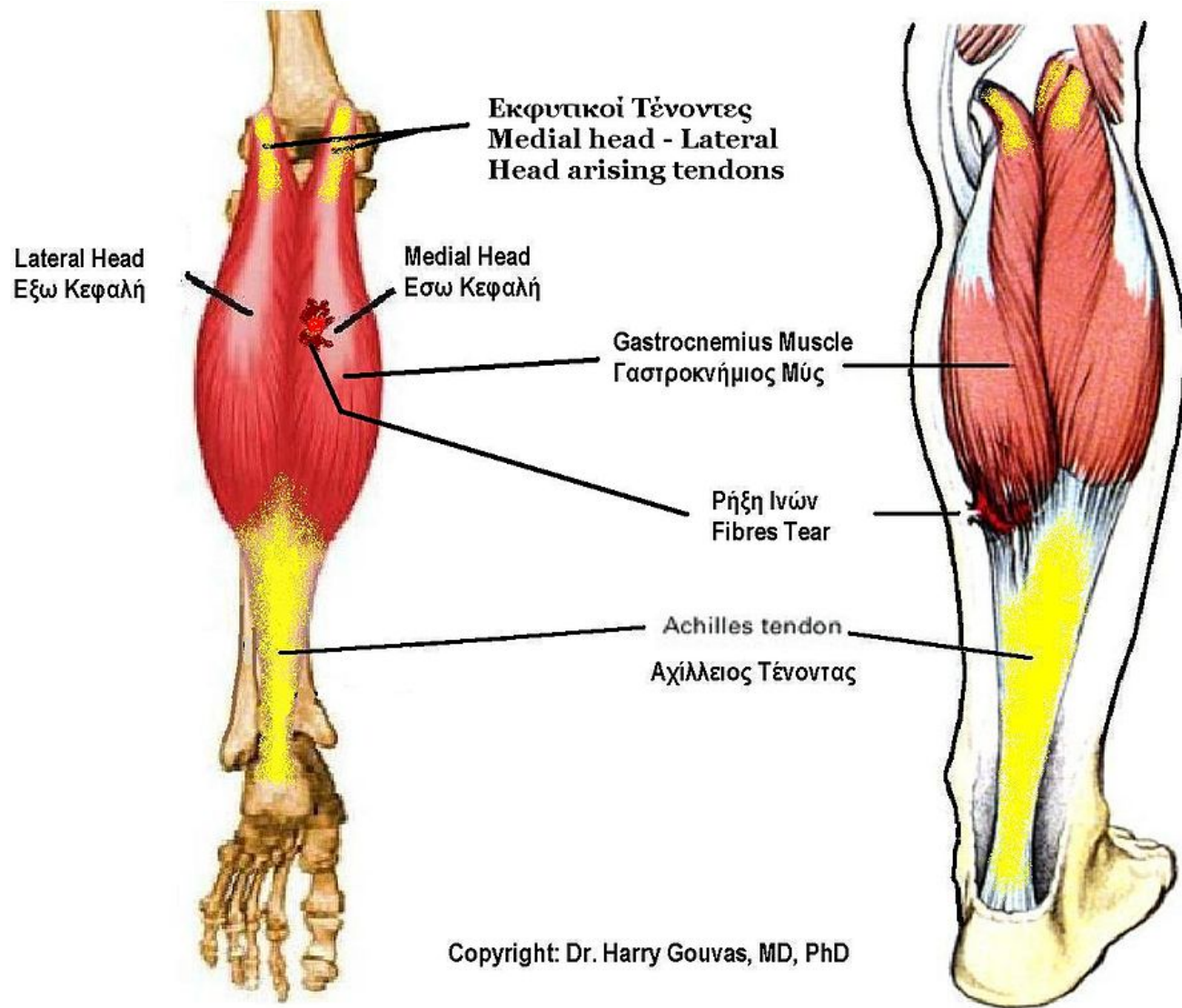
The hardest to is one you don't even realize you are fighting, and the hardest *enemy* to defeat is the one you don't even know *exists*.

Every day you are at with *gravity*.



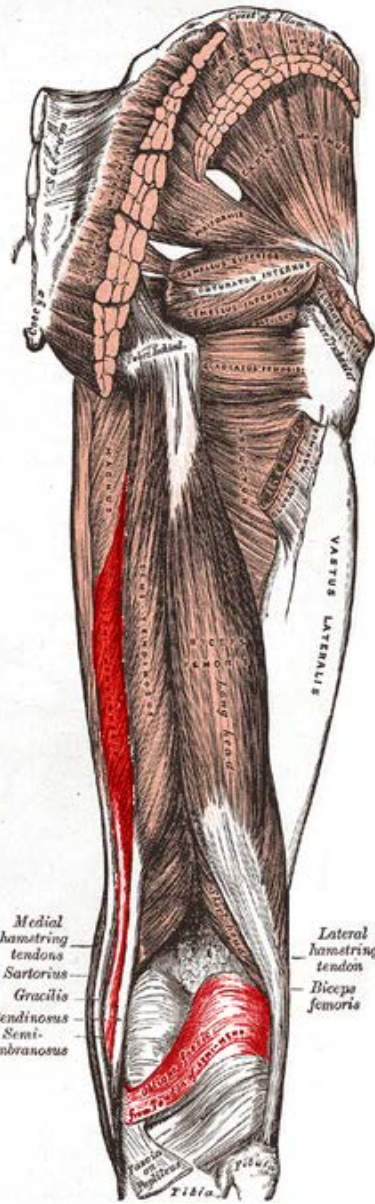






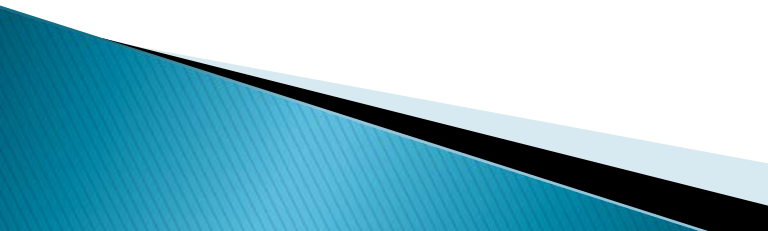
Copyright: Dr. Harry Gouvas, MD, PhD

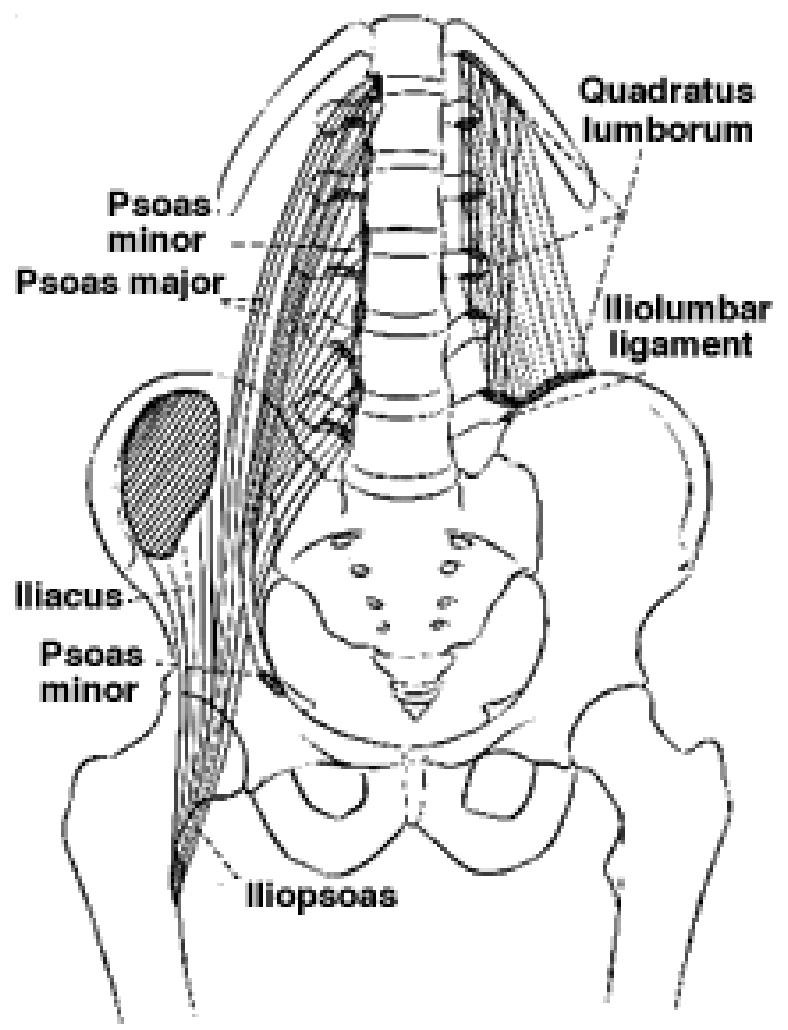
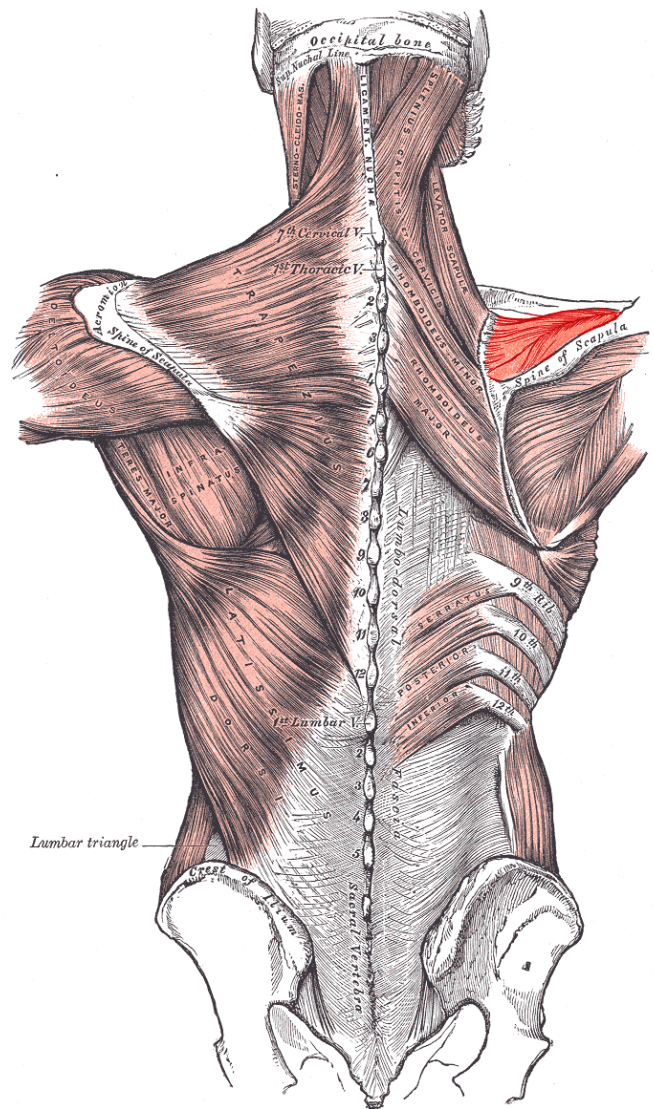




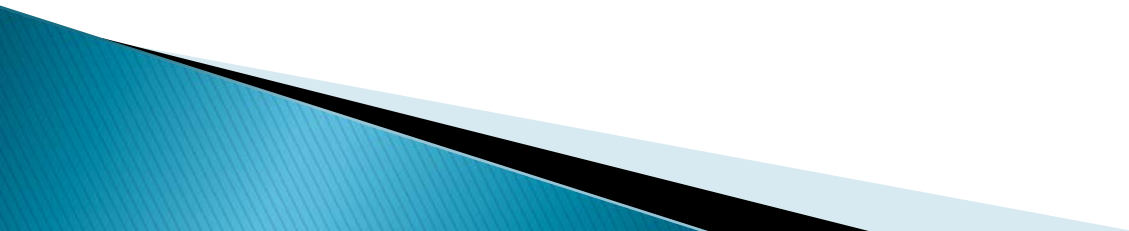
*Medial hamstring tendons*  
*Sartorius*  
*Gracilis*  
*Semitendinosus*  
*Semi-membranosus*

*Lateral hamstring tendon*  
*Biceps femoris*

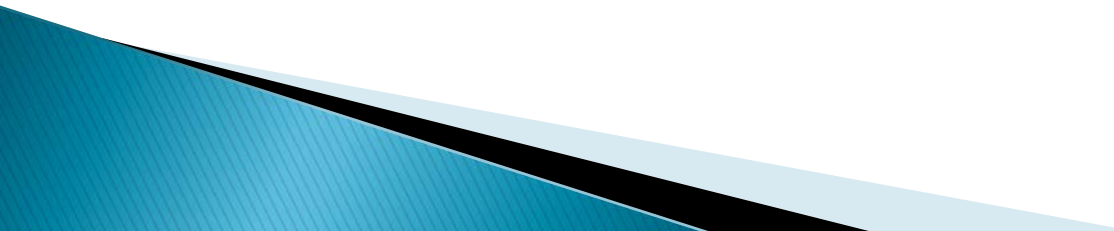




# STRENGTHENING

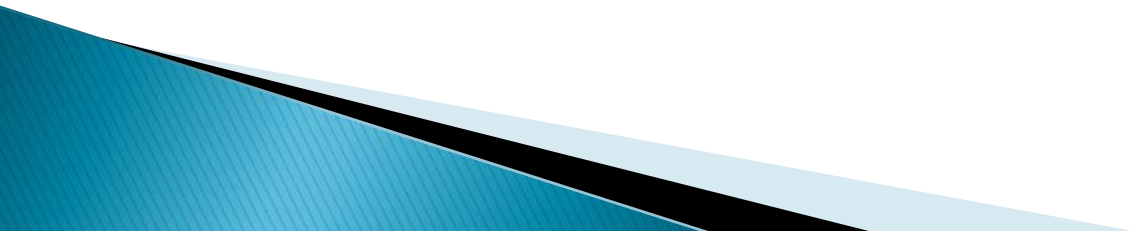


# BODY WEIGHT EXERCISE

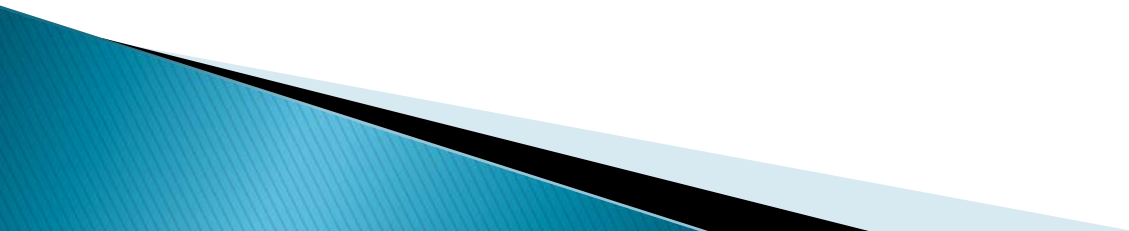


# RESISTIVE TUBING

# FREE WEIGHTS



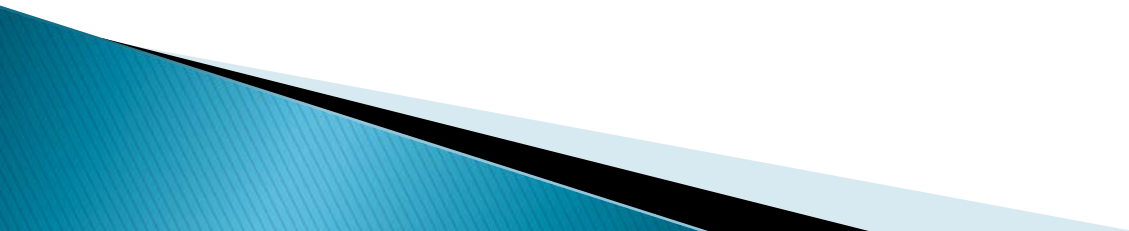
# STATIONARY MACHINES





# 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
- 