

I am Not Ready Thats Ok, But Preparation is Must

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Abstract

I will be sharing my recovery from my injuries through bodyweight movement workouts - the likes of yoga and TRX. This has helped me to better understand my body and how to prevent further injuries. Like any workout, we are not truly ready. Preparations and awareness of self, are crucial. This goes to mind and body. I will also share strategies of awareness to action and how it has helped me in my journey thus far. Kinesiology and biomechanics are about movement. Make the right adjustment, knowing the right mindset, will provide us with the leverage of better mobility to our body. We need to shape the right mindset, a growth mindset to embark on this journey.

Introduction

In addition to warming up before your workout, it is important to mobilize your joints. Wrist and knee pain is often largely the result of poor mobility in those joints.

Starting position:

Get down in the all-fours position.

Place your hands shoulder-width apart.

Make sure your fingers point towards your feet.

Pushup Variation with wrist support

You can reduce the stress on your wrists by using special push-up bars. These help you keep your wrists straight when doing push-ups and avoid hyperextending them. Another option is to use dumbbells or do the push-ups on your fists (fingers pointing in). Nonetheless, you should make sure to do several mobilization exercises before and plenty of stretching after your workout.

Mobilization of the knee

Starting position:

Kneel in an upright position.

Make sure to keep your back straight.

Your eyes should face forward.

Slowly sit back on your heels until you feel a light stretch in your thighs. Then return to the starting position. If you are not flexible enough to sit all the way down on your heels, then you can place a small pillow or a rolled-up mat on your calves to help you.

Repeat this movement several times.

Another option, this time from a standing position, is to place your knees together and squat down slightly like you were skiing. Put your hands on your knees and then gently move them in a circle.

Stretching after you workout

You can improve joint flexibility by stretching regularly after your workout. Assume the same position as you did in the section on the mobilization of the wrist. Once again, you should feel a light stretch in your forearms. Hold this position for about 30 seconds and repeat the stretch 3 times. It is important here to remember that stretching should not cause you pain.

Sit-ups with lower back support

Do you get an uncomfortable feeling in your lower back after you do sit-ups? Use a rolled up towel and place it across your lower back. This helps support your lower back and takes excessive pressure off your spine.

Warm-Up For At Least 10 Minutes

The most common mistake that I see in regards to bodyweight training (or really all training in general) is the lack of a proper warm-up.

If you were about to run in a track meet you wouldn't just line up without having warmed up, so why would you enter the gym and start your workout without warming up?

Some incorrectly believe that because they are training bodyweight style that they don't need to warm-up, which is WRONG! If anything bodyweight training requires more of a warm-up! The great thing is that there really is no wrong way to warm-up. But 10 minutes of some sort of continuous movement will ensure blood is flowing to your joints, lubricating them and helping you avoid injury.

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Invest In A Lacrosse Ball

You're probably scratching your head and thinking how a lacrosse ball is going to help you with bodyweight training.

We all know that becoming really good at bodyweight movements takes a lot of time, and certainly A LOT of practice. One drawback of all of this practice is that your joints can take a pounding (wrists, and elbows particularly). This is where the lacrosse ball comes in to play.

In your spare time, rolling or massaging your joint areas with the lax ball will help enormously in avoiding unwanted joint pain. It really is that easy, and again there's no wrong way to go about it. Similar to the picture shown, just find a sore muscle or joint and work the lax ball around the sore area for a minute or two. By making this a regular part of your free time (you could do this at home or even at your work desk), you will avoid the typical muscle and joint soreness that is experienced after working out.

Make Sure to Use Your Progressions

The other day while training I saw a guy come in, warm-up and go straight into doing handstand push-ups as his first movement. My wrists cringed for him.

There is absolutely nothing wrong with doing handstand push-ups first in your work out, but going straight into them would be similar to someone walking in and putting 225 lbs. on a bench press straight off. Instead, the smart play would be to work up to those handstand

push-ups by doing some normal push-ups, then progressing to some handstand holds, and then the handstand push-ups. Nothing too extensive, just to get your body (i.e. your wrists) used to the movement. Every bodyweight movement has modified "easier" versions of the full exercise, don't be afraid to use them!

Switch It Up

Switching the exercises you use to target individual muscle areas has two key benefits:

-Your muscles eventually adapt to your training stimuli so doing the same exercises over and over again rapidly causes them to lose their effectiveness

-Doing the same exercises in the same fashion over and over again can be troublesome on your joints

The most efficient way to effectively "switch" up your training is to create two weekly templates "A" & "B". So one week you do week "A" workouts, and then the following week you do "B" workouts and rotate weekly thereafter. Doing this will make sure your joints are being overused, and your muscles won't get used to any one particular movement.

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