

**Exercise Principles:**

1. If an exercise is painful, stop and get medical advice.
2. Know the muscle location and feeling of a stretch; otherwise get some advice from a trainer, coach or medical professional.
3. Stretching should not radiate symptoms down the entire arm or leg.
4. Starting posture is important in every exercise. If you are unaware of a good starting posture, get advice from a trainer, coach or medical professional.
5. Benchmarking is a good way to measure change and motivate your workout.
6. Trainers can be a valuable asset in designing your workout, and benchmarking change.
7. Blended workouts are advised: cardiovascular, flexibility, core and global strength.
8. Behavioral psychology can be useful in preparing to create an exercise schedule. If you consult a sports psychologist or behavioral psychologist, ask about ways to transition your life to include exercise.
9. The trainer, coach physical therapist and medical professional all may have good ideas on how to integrate exercise into a busy lifestyle or injury impaired lifestyle.
10. Nutrition is a factor in muscle growth. Various articles advocate protein after a workout or protein and carbohydrate. <sup>1</sup>We are not experts in nutrition, but suggest that you ask your doctor, nutritionist, trainer, coach about this particular concept.

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1. Holm L, Esmarck B, Mizuno M, et al. The effect of protein and carbohydrate supplementation on strength training outcome of rehabilitation in ACL patients. *J Orthop Res.* Nov 2006;24(11):2114-2123.

**The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.**