

# [Active Bones]

AUGUST 2011



## ORTHOPAEDIC SURGERY AND SPORTS MEDICINE TEACHING AND RESEARCH FOUNDATION

THIS ISSUE  
INCLUDES:  
Football Workouts



### *Upcoming Topics:*

Concussions • Shoulder Dislocations  
Basketball - ACL • MRSA

Dear Reader,

ACTIVE BONES is the official newsletter of the Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF). The newsletter is a brief, easy-to-read educational piece that provides continuing education about musculoskeletal injuries, health performance, and new research and development in the field of Orthopaedic Surgery and Sports Medicine.

Please contact us at [www.otrfund.org](http://www.otrfund.org) or [stevenchudikmd@gmail.com](mailto:stevenchudikmd@gmail.com) with any questions, suggestions for any specific topics that may be of interest to you, or if you just wish to be added to the distribution list to receive this publication directly.



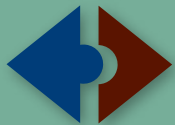
Sincerely,

Steven C. Chudik MD.  
Orthopaedic Surgeon  
OTRF Founder and President

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## Football Workouts



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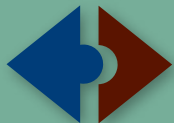
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As football season begins with its grueling schedule and the expected bumps and bruises, it is easy to quickly lose the strength and power that you spent all summer developing. A proper goal-oriented, time-efficient, in-season maintenance program is necessary to remain strong all season long!

The in-season football training program should incorporate only structural or multiple joint exercises like bench press, squat, and cleans to hit the major muscle groups required for football in a more time efficient and functional manner.

The in-season program should avoid single joint exercises like hamstring curls, bicep curls and flys, which do not help produce or maintain functional power and strength. Because these single joint exercises are associated with eccentric loading or lowering of the weight, they can increase the risk of muscle strain and injury when combined with the explosive acceleration-deceleration activities in football. Football performance is associated with strength and explosive power so it is more important to focus on the concentric phase and exploding out of the bottom of the exercise. Most importantly, whatever the exercise program, you must always maintain good form and avoid injury because nothing is worse than getting hurt in the weight room during the season. Additional precautions to avoid injury can include performing “high pull from hang” and “power shrug from hang” (components of the power clean maneuver) separately rather than a complete power clean, or front squats instead of back squats. Partial clean maneuvers are less complicated and easier to maintain good form, and front squats are less taxing on the low back. Also, adding some core exercises like the “cable wood chop” and “side planks” are important for performance and injury prevention.





## Football Workouts continued

This in-season program below is split into 2 days and coordinated to follow a Friday night game schedule. It is ideal to perform the first workout of the week on Monday after having 2 days of rest from the game. The second workout day should be no later than Wednesday to allow at least 1 day rest before the game and 1 day rest between the first workout on Monday.

### In-season Football Maintenance Program

All weightlifting exercises should be performed with greater than 80% of your 1 repetition maximum (1 RM)

Players should take at least 5 minutes to warm-up using functional movement-specific exercises such as easy push ups, bodyweight squats, light pulldown exercises.

### MONDAY WORKOUT

Exercise	Sets	Reps	Rest Between Sets
High Pull from Hang	4	3	3 minutes
Front Squat	4	5	2 minutes
Dumbbell Shoulder Press	4	5	2 minutes
Cable Wood Chop	3	12	1 minute

### WEDNESDAY WORKOUT

Exercise	Sets	Reps	Rest Between Sets
Power Shrug from Hang	4	3	3 minutes
Bench Press	4	5	2 minutes
Bent-over Barbell Row	4	5	2 minutes
Side Plank with Horizontal Fly	3	12	1 minute



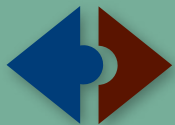
### HIGH PULL FROM HANG

1. Stand with your feet shoulder width apart. Grab the bar with an overhand grip just outside the knees.
2. With a flat back keep the bar just below the knees. The shoulders should be over the bar with the arms straight and elbows facing out.
3. Your weight should be in the heels, keeping the knees slightly bent and hips pushed back.
4. Straighten in the hips, knees, and ankles, and in an explosive vertical pull bring the bar up.
5. Shrug the shoulders as the bar comes up to the chest



### FRONT SQUAT

1. Walk under the bar and place your hands across the bar so you make an X with your arms, and place the thumbs under the bar.
2. Unrack the bar and stand with your feet outside shoulder width and turn the toes slightly out.
3. Push your hips back as you descend to the ground, keeping your chest and elbows up. Stop when thighs are at or near parallel to the ground, but no further.
5. Drive through the heels to stand up. Exhale as you come up out of the squat.



## Football Workouts continued



### DUMBBELL SHOULDER PRESS

1. Position the bench at near vertical. Hold the dumbbells at your shoulders with palms facing in.
2. Press the weight overhead and turn the hands to face forward. Keep your back against the bench.
3. You can also stand.



### CABLE WOOD CHOP

1. Stand slightly angled to the cable pulley with your feet shoulder width apart. Using a rope or handle, grab the rope or handle with the left palm up and the right palm down.
2. Reach with both arms across your body without rotating your shoulders. Pull down at a 45° angle out in front of your stomach. Keep your abs tight as you pull down across to your hip, again without rotating your shoulders.



### POWER SHRUG FROM HANG

1. Stand with your feet shoulder width apart. Grab the bar with an overhand grip just outside the knees.
2. With a flat back, keep the bar just below the knees. The shoulders should be over the bar with the arms straight and elbows facing out.
3. Your weight should be in the heels, keeping the knees slightly bent and hips pushed back.
4. Straighten in the hips, knees, and ankles, and in an explosive vertical pull, bring the bar up.
5. Shrug the shoulders.



### BENCH PRESS

- 1 Lie on your back with the head, shoulders, and hips, touching the bench and both feet touching the floor.
2. Place your hands on the bar directly above the elbows at 90°. Ring finger on smooth loop is a guide.
3. Lift bar off the rack. Lower the bar until elbows are even with shoulders. The bar may touch chest only if elbows are even with shoulders!
4. Press the bar up evenly with both arms until they are straight.





## Football Workouts continued



### BENT-OVER BARBELL ROW

1. Stand with your feet shoulder width apart. Grab the bar with an overhand grip just outside the knees.
2. With a flat back hold the bar at the knees. Keep your hips back and chest out.
3. Bring your shoulder blades together as you raise the bar to your stomach.
4. Lower the bar and repeat.



### SIDE PLANK WITH HORIZONTAL FLY

1. Lie on your side with one elbow directly under your shoulder. Reach up into the air with the other arm. Stack your feet and lift your hips up.
2. With the top arm, reach in front of your body while you keep your hips up and your body in a straight line from the shoulders to ankles. As the arm comes in front do not let your hips reach back or your shoulders roll forward.

### IMPORTANT TIP FOR ANY EXERCISE

During each exercise, it is important to relax your neck, jaw, and facial muscles and maintain good spinal posture by keeping your spine relatively straight and in line from your neck to your pelvis.

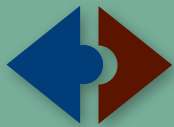
### IMPORTANT NOTICE

Not all exercises are suitable for everyone. So please consult your physician before beginning this or any other exercise program.

You should always warm up for a few minutes before beginning any workout, and you should never exercise beyond the level at which you feel comfortable.

This work-out program should not be attempted by anyone who does not meet minimum fitness requirements or who has a history of hip, knee, ankle, shoulder, elbow, wrist, or spinal (neck or back) problems. This warning is not to be discounted. There are many other fitness alternatives if you have weaknesses or are prone to injuries. The user assumes all risks of injury in the use of this program.

If at any time, you feel you are exercising beyond your current fitness abilities, or feel discomfort, you should discontinue exercise immediately and reconsider your participation in this program.>>



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## DONATION REQUEST

### We Need Your Help

OTRF can't do it without you. There is no question that health-care is expensive and difficult for most to afford; however, to continue to make important advances in healthcare, we need everyone's help to fund research and education. To conduct its work, OTRF has been fortunate to receive large donations from larger, more affluent parties and organizations; but, it still thrives mostly on small donations from many different individuals. Most donations come from the many patients and families that Dr. Chudik directly touches in his practice. Often, it is no more than the price of a Starbucks cup of coffee; but every donation, large or small, makes a difference. Thank you for your support.

**Thank you  
for your support.**

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## Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation is Committed to Research and Education



ORTHOPAEDIC SURGERY AND SPORTS MEDICINE  
TEACHING AND RESEARCH FOUNDATION

OTRF was founded by Dr. Steven Chudik in 2007 and is a non-for profit organization dedicated to funding research and education for the purpose of keeping people active and healthy.

Injury to and degeneration (wear and tear with use and age) of our musculoskeletal system (our joints and cartilage, muscles and tendons, bones and ligaments) threaten our ability to stay active, work, and lead healthy lifestyles. Too many individuals are getting injured or developing arthritis at younger and younger ages. At alarming rates, little leaguers are injuring their elbows, young female athletes are rupturing their anterior cruciate ligaments (ACL), weekend warriors are tearing their meniscus, golfers are missing the season with rotator cuff tears, physical laborers are getting injured and are unable to work, and young adults are unable to stay active because of debilitating arthritis.

There is a great need to disseminate knowledge amongst our community so that we can better prevent these injuries and degeneration (wear and tear) and best preserve our ability to stay active and healthy. We also need to fund unbiased, quality, and cutting edge research to develop better and less invasive methods to prevent and manage these injuries and degeneration.

To meet these needs, OTRF produces the newsletter, "ACTIVE BONES," shares information regarding health performance related issues of nutrition and fitness, hosts Athletic Training educational programs, conducts local educational seminars for health care providers and the community, and most importantly funds research and development particularly in the areas of cartilage injury and repair; sports injury prevention; knee ligament injury prevention and reconstruction; and minimally invasive surgery for fracture, tendon, ligament, cartilage and joint repair.