

CARDIOVASCULAR CONDITIONING (Aerobic rehab)

One of my principles when it comes to exercise and injury is to **modify, not avoid**. In other words, there will usually be a way to do your preferred exercise albeit at a lower level in readiness for when you have recovered from injury. Initially you may need to reduce the load or demand of the exercise with a subsequent loss of fitness. Modifying activity will help maintain your technique and skills as well as activate muscle contractions used in your preferred activities. Incorporating this with intermittent high intensity cardiovascular (CV) exercise will reduce loss of CV fitness that you have worked hard to build prior to injury.

Very often, non-weightbearing cardiovascular exercise (i.e. the cycle ergo) is one of the only forms of exercise that you can do without aggravating your condition. You may find it useful to combine cardiovascular exercise with your individual rehab program – *aerobic rehab* as I like to call it!

As you recover from injury, you will be able to perform cardiovascular exercise more closely resembling the activities you want to return to such as running. Aerobic rehab will provide a safe and effective way in order to help you.

The benefits of aerobic rehab

1. Maintains heart rate training and aerobic capacity previously earned.
2. Allows you to go harder during the cardiovascular interval & recover during the rehab work
3. Allows you to perform your rehabilitation work under progressively fatiguing conditions
4. Breaks up the monotony of early level rehabilitation
5. Stimulates lower limb musculature contractions
6. Provides a 40 – 60-minute training session
7. Maintains interest and compliance with rehabilitation
8. A more effective use of time

How to implement aerobic rehab

Select 4 of your rehabilitation exercises and a CV machine that you are comfortable using and does not bring on your symptoms.

RAMP warm up	
Moderate to high intensity CV work	4 minutes
Rehab exercise 1 and 2	1 set of each exercise (approximately 60 – 90 seconds.
Moderate to high intensity CV work	4 minutes
Rehab exercise 3 and 4	1 set of each exercise (approximately 60 – 90 seconds.
Repeat for 40 – 60 minutes.	
Cool down period	5 – 10 minutes gentle cycle

Record your aerobic rehab training session and note how far you were able to cycle. This may be used to monitor progress.

Do not compromise your form for speed when performing your rehab exercises.

Any pain **stop** and report it to your physio

