

**NSCA**

# COACHES

**CONFERENCE 2023**

**JANUARY 4 – 6, 2023**

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

# ***CONFLICT OF INTEREST STATEMENT***

I have no actual or potential conflict of interest in relation to this presentation.

# ABOUT ME



# ***A STRENGTH COACHES' GUIDE: RETURN TO PLAY***



## ***FROM INJURY TO ON THE FIELD IN FOUR PHASES***

# TAKEWAYS FOR MONDAY MORNING



What role we **DO NOT** necessarily **GET** to play in rehab



Simplify the complex



Stimulate thinking outside the box with rehab



Fast track your learning with ideas that others have shared with me and success/failures I have had

# YOUR NETWORK IS EVERYTHING



Rob Panariello DPT, CSCS



Al Vermeil



Dr. Eric Serrano, MD



Bill Knowles ATC, CSCS



Derek Hansen



Dr. Nevin Markel, DC



Dr. Todd Staker, DC



Jonas Sahratian



Bryce Turner, ELDOA



Ryan Reynolds



Cory Schlesinger



Mason Moore, DPT

# GUIDING PRINCIPLES OF REHAB



Do no harm



Hurry up and be patient



Push the psychology respect the biology



Treat them as a deconditioned athlete, not an injured athlete



Mind the emotion and nervous system-every injury is a brain injury



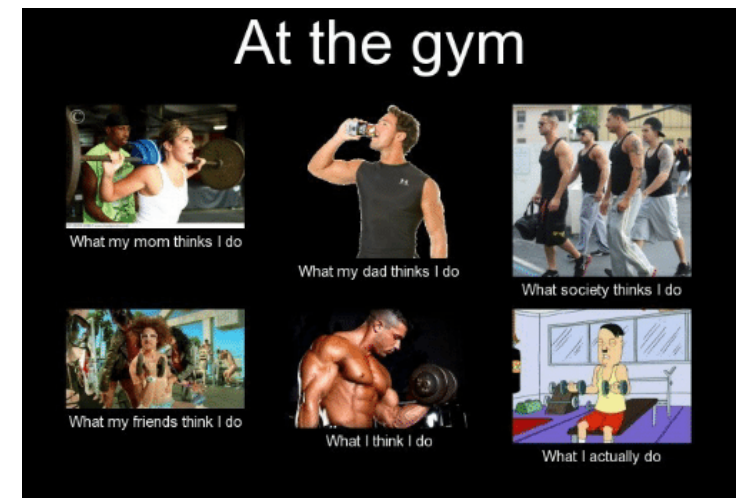
Program with the philosophy of “Inch wide mile deep”



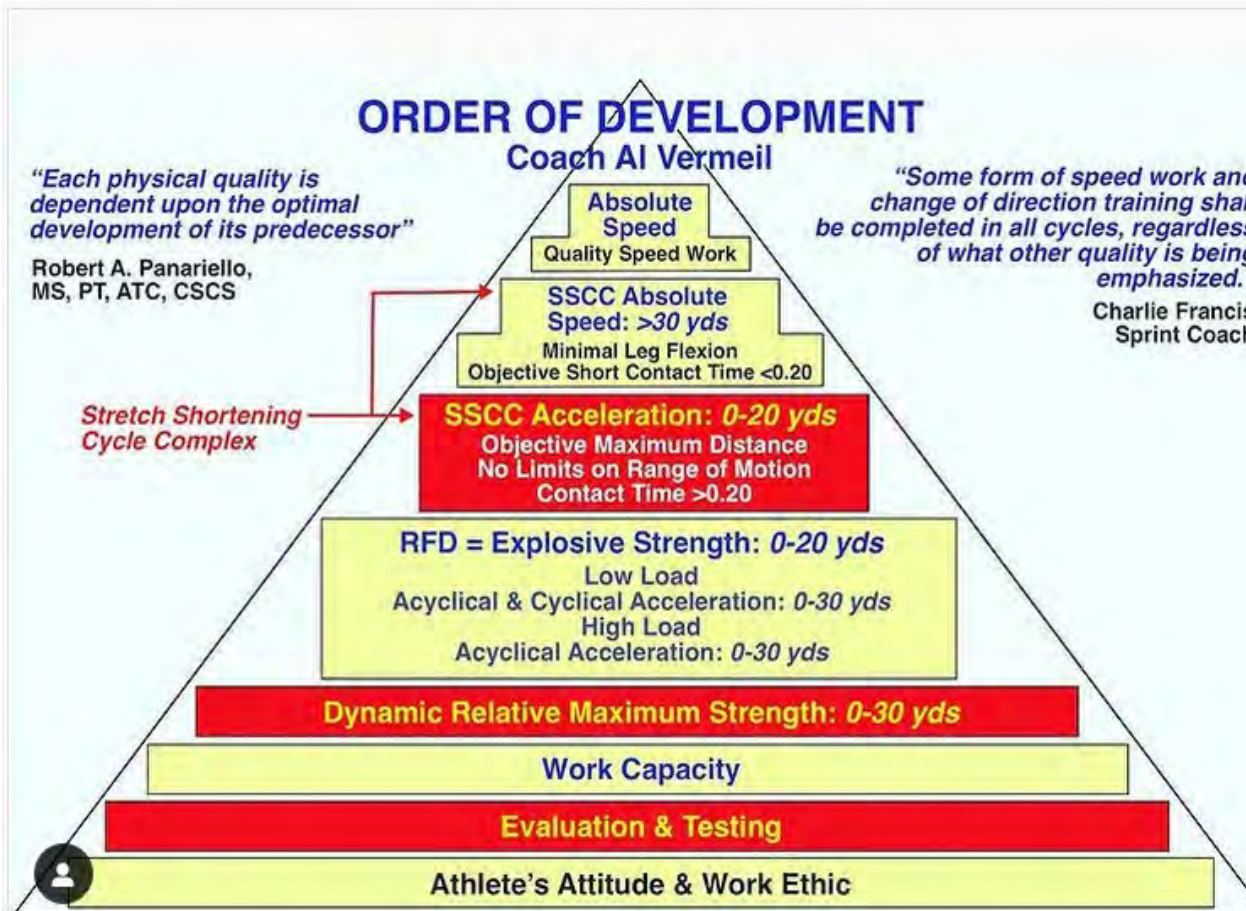
Decrease swelling and pain, increase range of motion, progressive overload



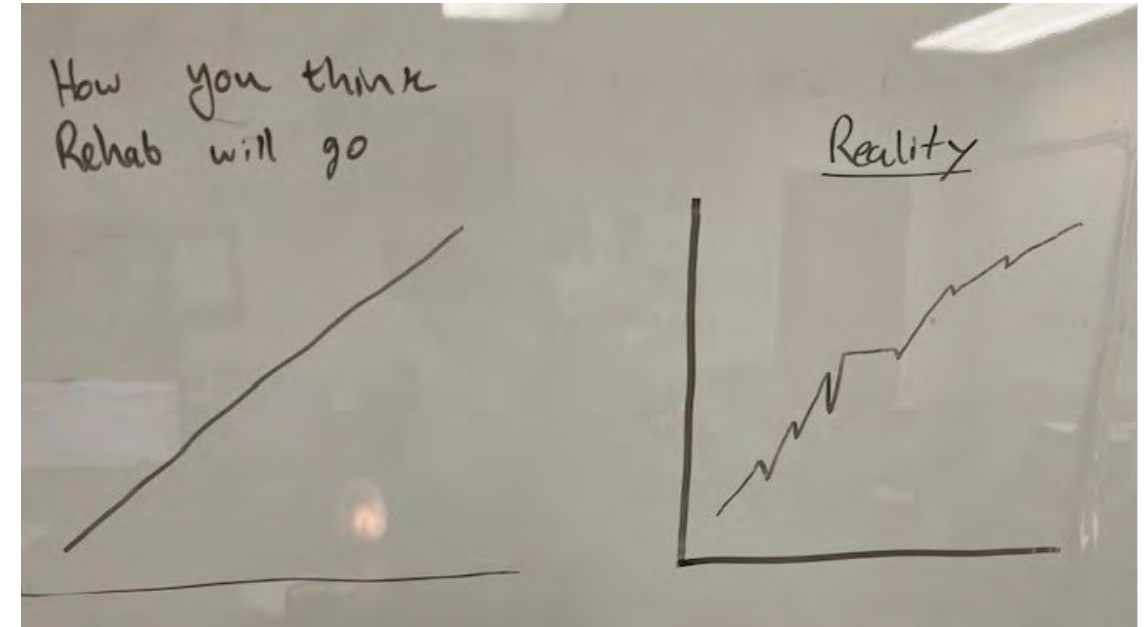
Clarify your modifications to medical staff



# THE INTERVIEW PROCESS PHASE 0: SET EXPECTATIONS



Courtesy of Derek Hansen



- Discuss the valleys
  - Give them examples, Doctor visits, adaptation, emotions, etc.
- Travel the pyramid
  - Show them the why
- Discuss the Controllables
  - Sleep
  - Nutrition
  - Mindset
  - Consistency

# PHASE 1: THE TRAINING ROOM



## COACH'S EYE:

Stiff upper  
body, plantar  
flexion  
affected side

Day 6 post-op ACL

## CONSIDERATIONS:

- Every athlete is different, what do they need from you?
  - Space to heal?
  - Pushed early ?
- How close are they to returning?
  - *Close: Keep them close to the weight room*
  - *Longer-Term: What gaps can I fill now?*
- What is their time like?
  - *Scheduling is important*
- What is your role with their medical provider?
- Decipher what you **CAN DO** not what you **CAN'T** do

# WHAT YOU CAN'T DO

## CONSIDERATIONS:

- Work backwards from what you can't do
- Get clear constraints from medical providers
- Remember what you signed up for



## COACH'S EYE:

Do NOT  
overlook  
scars!

# WHAT YOU CAN DO

## CONSIDERATIONS:

### Why Pool Work?

- Hydrostatic Pressure for pumping effect
- Can “skip” timeline dates
- 10% bodyweight felt at foot if shoulder height
- Brain feels normal!

Professional credit: Bill Knowles and Jonas Sahratian



Erik Hernandez, M. ed, CSCS  
*A Strength Coaches' Guide for Return to Play*



# ***WHAT YOU CAN DO***

## **CONSIDERATIONS:**

General strength work with a specific purpose:

- Train their brain to reconnect the dots
- Hormonal affects
- Help later stages of rehab
- Mental health

# WHAT YOU CAN DO

## CONSIDERATIONS:

### Complex

- Early and often even if it is just pulsing
- Stress the muscle before the joint
- Type 2 fibers firing sooner

# WHAT YOU CAN DO

## CONSIDERATIONS:

### Goofy Fun Stuff

- Keep the “athlete” identity intact
- Great for warm ups
- Proprioception work

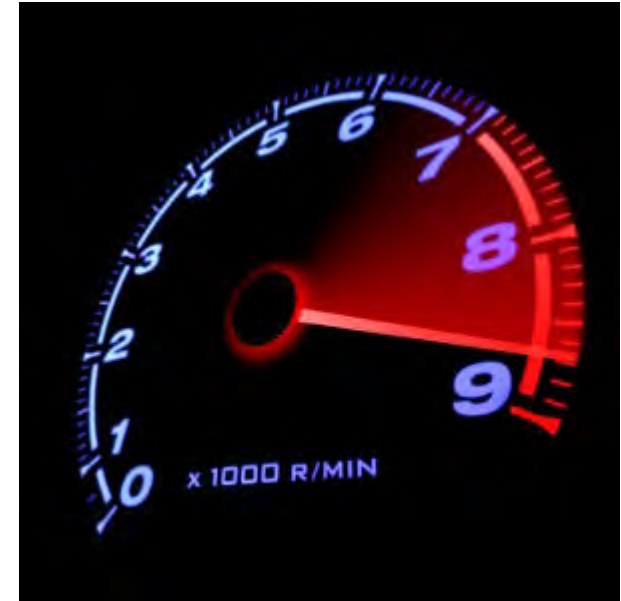
Take The Athlete Out Of The Injury- Bill Knowles



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**CAUTION !!!**



# ***PHASE 2: THE WEIGHT ROOM***

## **CONSIDERATIONS:**

Go through your progressions

- This is a great time to check to see if your progressions lead to where you think they do
- Refer to your team norms for where they need to get to
- Utilize all the equipment possible
  - Squat/ Press- different bars, machines etc.
  - Trouble shooting intensity- what is limiting it can you bring that up with a machine
- Olympics
  - Change start position/ catch type

# PHASE 2: RETURN TO RUNNING

## CONSIDERATIONS:

Go through your progressions

- Simple progression-
  - A-March>Ankle hops> A skip> A run>A-Run to accel> short accels> tempo –increase intensities and distances as appropriate
- This should have been threaded in (pool/standing/ arm supported)
- Make it just another day instead of THE day
- Is this your strength as a coach? It wasn't for me...
- Great resource: Running mechanics professional-Derek Hansen

The Best Single Leg Work You Can Do Is Drills/ Sprints- ROB PANARIELLO



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# ***PHASE 3: PRACTICE FIELD***

## ***CONSIDERATIONS:***

### **General Rules of Thumb/ Considerations:**

- They aren't cleared yet they still need their strength!
- Don't tell them they are at risk...but know that for your planning
- Get in there: expose them to hard stuff in a safe manner

### **Planning Rules of Thumb/ Considerations:**

- Drills with less people to more people
- Pick teammates for them to compete against who understand the rehab process
- Every other rep/ rest intervals

# PHASE 4: FULL RETURN



**KEEP THEM  
STRONG**



**KEEP THEM SHARP**

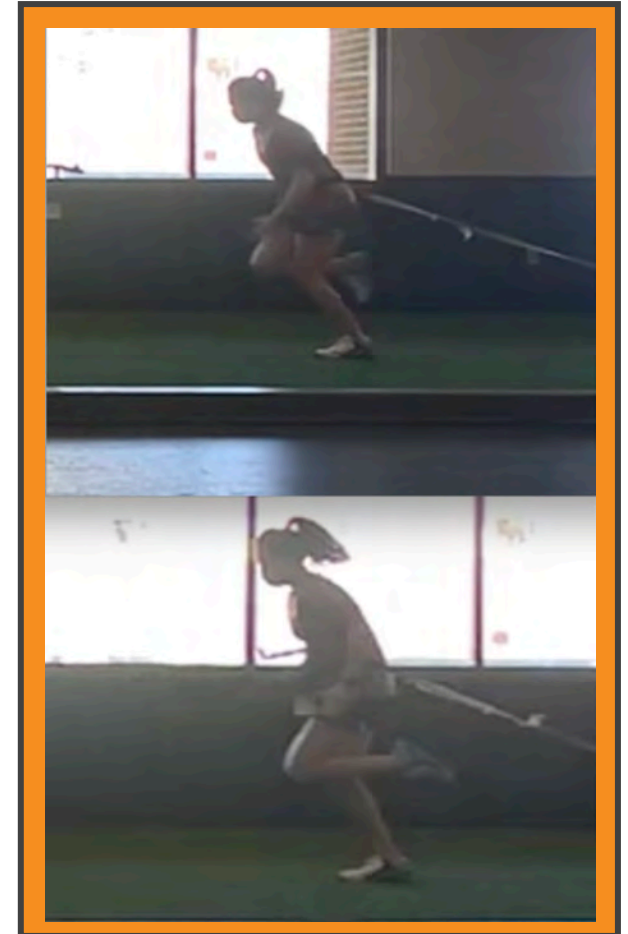


**RECOVERY IS KEY**



**SIT BACK AND ENJOY  
THE RIDE**

# ***THINGS TO WATCH FOR***



Speed and intensity change ROM

# LESSONS LEARNED



- **BE COOL**
  - Rehab is scary at first but after you do one or two you realize its not that scary
- Less strong people rehab slower than more strong people
- Lower body injury: “time for a new bench press max!!!”- Scott Caulfield
- If you are a strength coach doing rehab, don’t forget the other 10+ athletes that need you. Manage your expectations
- The best rehabs, 2+ hour sessions 5x a week
  - See if your pay stub is paying you for two jobs
- All the variation you need exists around the basics
  - The best single leg work you can do is sprint drills and sprints, Rob Panariello

***THANK YOU TO THE ATHLETES I HAVE BEEN LUCKY ENOUGH TO WORK WITH...***



***...YOU HAVE TAUGHT ME MORE THAN ANY SEMINAR OR BOOK COULD HAVE!***

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# THANK YOU TO MY BIGGEST FANS



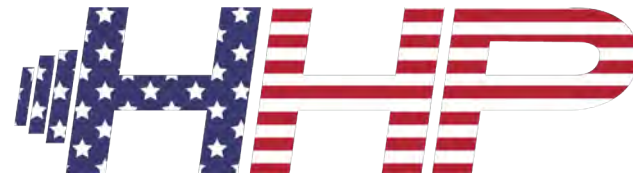
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# QUESTIONS?

**CONTACT:**



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