

# STUDENT ATHLETE at Home Performance Program

## Keeping Athletes in the Game

### *Student Athlete at Home Performance Program*

Being away from the gym doesn't mean you can't keep your body ready to compete. The Providence Sports Medicine At-Home Performance Program is designed to help athletes keep their body ready to train and perform. All you need to complete this program is a small space inside your residence as well as a small yard, driveway, sidewalk, or hallway space. No additional exercise equipment is required for this program, so no matter where you are based out of you can still keep yourself ready for performance.

The Providence Sports Medicine team designed this training program to meet the foundational needs of all athletes to prepare them for gradually ramping up their training before hitting the field, court, diamond, pool or track again. Keeping your body mobile, coordinated, and conditioned in key areas will help lay a critical foundation for future performance gains. When athletes return to intense training as well as practice and competition, the Providence Sports Medicine At-Home Performance Program will help keep athletes resilient and adaptable to the demands of their sport.

We have created an easy to follow daily outline within a weekly template that incorporates foundational elements for movement, mobility, coordination, strength, endurance, power and speed that meets the needs of a wide range of athletes. As athletes follow the program template they are additionally provided a video library for each exercise as a reference for basic instruction. Each week we will be posting a workout on our website you can download that will have the training outlined for the week, as well as an instruction page for accessing the videos, training instructions, and more.

### How To Get Started With The Program

Each week visit our website to download the training program for the current week. It will be a PDF document that you can print out or follow along with on your phone or tablet that contains instructions for accessing the videos of the exercises, instructions about the program for the week, as well as a scale to help you assess the intensity of your workout.

On the first page of the PDF there will be a link and access codes to a platform called MedBridge Go where you can find video of each exercise you are performing- for example, an access code for "Week 1, Day1". Each day you are training, you will follow the program as it is written on the PDF file. If you want to see a visual demonstration of the exercise, the videos are available to assist you. Check out <https://www.medbridgeeducation.com/medbridge-go/> for information on how to download this app to your phone or tablet. Use of this app doesn't require an account, it is simply a portal to enter the access codes for the video descriptions.

Use of this app doesn't require an account, it is simply a portal to enter the access codes for the video descriptions. Follow these steps to access:

- Download the app to your phone or tablet.
- When you first use the app, there is a screen for entering your access code.
- In the future when you enter new access codes, click the “settings” icon in the upper-right corner and choose the “add new access code” button to enter your new access code for the new workout of the day.
- Once you enter the code, click the blue “GO” play button in the center of the screen to access to videos. Once the videos appear, click the blue “START EXERCISE VIDEOS” button.
- From here, the videos are available in order of their appearance in the PDF program. You can view them, pause them, skip forward, or replay them if needed. Remember to refer to your PDF program for the sets, reps, and rest information for your workout.

A main concept of the Student Athlete At-Home Performance Program is to progress participants along at appropriate rates that foster enhancements in performance while limiting excessive risk of injury. While it is impossible to prevent or predict each and every injury from occurring, the program outlined in this program is designed to allow for ample time for your body to adapt to the stressors placed upon it in this program.

As you continue your progress through the program, there may be times where soreness you experience becomes nagging, or may progress into a more pronounced feeling of pain. It is important to listen to your body and address any issues as they arise. Pain that lingers more than a few days after you train or pain associated with swelling and joint stiffness should be cared for differently than sore muscles from training.

If you have ongoing symptoms of muscle pain, joint swelling or pain going up and down stairs you may want to consider modifying your training routine. If you have tried to self-rehab for two or more weeks unsuccessfully you might benefit from checking in with one of our sports medicine clinicians. Most insurance plans allow you to see a physical therapist without a referral. For more information call 503-29-SPORT.