

ATHLETE NAME: _____ INJURY: _____

INJURY WORKSHEET – STAGE 3

8 DAY INJURY RECOVERY

*Must be completed and reviewed by your coach before you return to full training.

*Use the Athletic Pain Scale at the bottom when filling out the days pain level.

DAY 1 Date: _____

WARM-UP Pain level during warm-up: ____ 25min Easy Bike

2 x Abs A 1 x General Strength 1 x Specific Strength Massage

DAY 2 Date: _____

WARM-UP Pain level during warm-up: ____ 25min Avg Bike

2 x Abs B 1 x General Strength 1 x Specific Strength Ice

DAY 3 Date: _____

WARM-UP Pain level during warm-up: ____ 25min Hard Bike

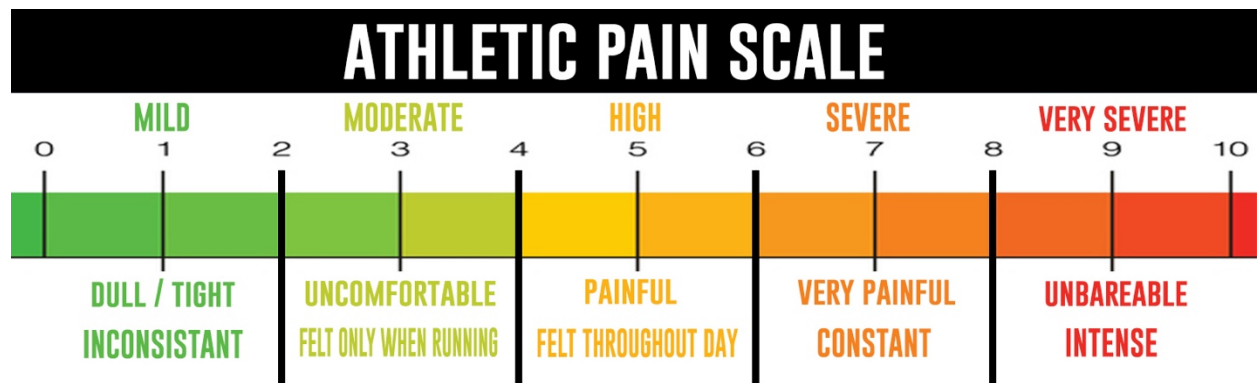
2 x Abs A 1 x General Strength 1 x Specific Strength Massage

DAY 4 Date: _____

WARM-UP Pain level during warm-up: ____ 25min Easy Bike

EASY RUN (0-10min run) How many minutes did you run: _____
Pain level at beginning of run: ____ Pain level at end of run: ____

2 x Abs B 1 x General Strength 1 x Specific Strength Ice



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DAY 5

- WARM-UP Pain level during warm-up: ____ 25min Avg Bike
- EASY RUN (5-10min run) How many minutes did you run: ____
Pain level at beginning of run: ____ Pain level at end of run: ____
- 2 x Abs A 1 x General Strength 1 x Specific Strength Massage

DAY 6

- WARM-UP Pain level during warm-up: ____ 25min Hard Bike
- EASY RUN (5-15min run) How many minutes did you run: ____
Pain level at beginning of run: ____ Pain level at end of run: ____
- 2 x Abs B 1 x General Strength 1 x Specific Strength Ice

DAY 7

- WARM-UP Pain level during warm-up: ____ 25min Easy Bike
- EASY RUN (10-20min run) How many minutes did you run: ____
Pain level at beginning of run: ____ Pain level at end of run: ____
- 2 x Abs A 1 x General Strength 1 x Specific Strength Massage

DAY 8

- WARM-UP Pain level during warm-up: ____ 25min Avg Bike
- EASY RUN (15-25min run) How many minutes did you run: ____
Pain level at beginning of run: ____ Pain level at end of run: ____
- 2 x Abs B 1 x General Strength 1 x Specific Strength Ice

