

# WOD Survival Guide

6 Actionable Steps To Keep You In The Box



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# A Note From The Author

It's no secret that the CrossFit community is full of highly dedicated and highly skilled athletes. At [MVMT Performance & Rehabilitation](#) we pride ourselves on being different. We view your body as a unit rather than just focusing on the area of pain. We don't just treat your symptoms...we treat the cause of your pain.

We've helped several CrossFit athletes recover from injuries faster by improving their movements, thus improving their performance. From those real-life experiences we've derived our top 6 strategies to help keep you in the box.

Enjoy!

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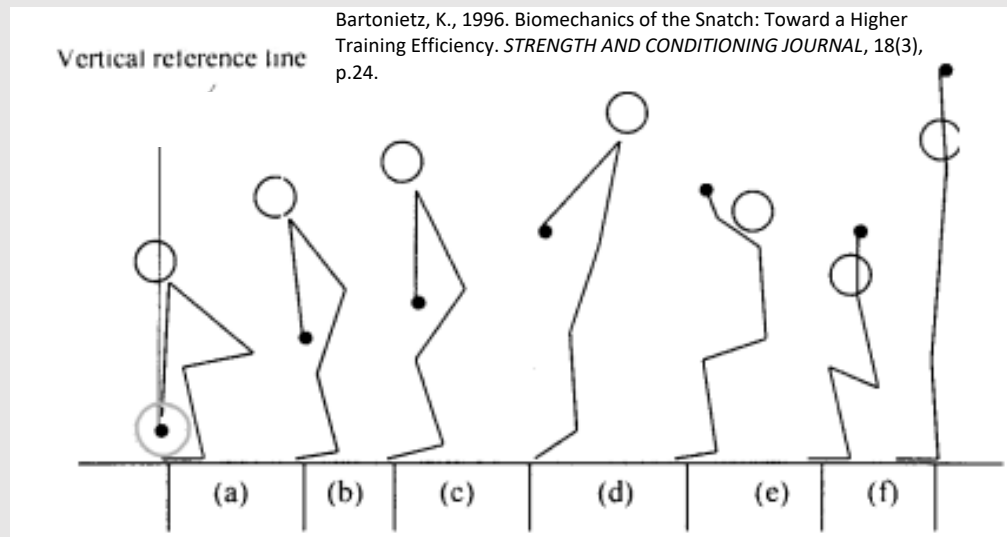
## Let's Clear The Air

The first thing you must understand is that every full-body movement is a reaction to small, independent movements happening at each joint. To help you understand, let's look at the snatch; possibly the most explosive movement, requiring motion at all joints.

If you're missing full ankle dorsiflexion, your body will adapt by compensating at the hips, back, or shoulders, causing inefficient movement patterns up the chain, increasing the risk for injury.

By focusing on your movements, we have helped countless individuals return to sport after injury who were "just dealing with it" or had been told they needed surgery, or to rest.

You don't need rest...you need mobility, stability, and efficient movements.



## #1: Take Care Of The Ankle

If you are a CrossFit athlete or an Olympic weightlifter, you know how important proper ankle mobility is. With proper ankle mobility, you can easily hit the necessary positions in lifts such as the snatch, squats (and variations), and cleans.

We will often start our evaluation process at the ankle when working with our CrossFit athletes. If ankle dorsiflexion is limited, [research has found it to cause movement faults along with a variety of lower-extremity injuries.](#)

To test your ankle mobility, move into a lunge position with your big toe ~5" from the wall. Keeping the heel grounded, your knee should be able to touch the wall.

If unable to reach the wall, you need to mobilize >>>

### [Banded Ankle Mobilization](#)





## #2: The Hips Don't Lie

The hips, like the ankle, are incredibly important and involved in every aspect of your WODs. You need them to be mobile in order to have optimal performance.

This banded mobilization is our favorite for those athletes dealing with a “pinch” or pain in their hips during squatting.

The lateral hip opener targets not only the tissues on the lateral and posterior aspects of the hip but addresses capsular tightness as well.

### [Lateral Hip Opener](#)



## #3: Six-Packs Don't Mean Much

People think the six-pack is the epitome of strength and overall health. Sure, it looks good, but does it serve its true purpose?

Time to cut the cord; if you have a six-pack, *that does not mean your core can stabilize your spine under load*. Yes, you read that correctly. Too many people get caught up with the aesthetics rather than the functionality of their core. In athletics, core strength is a necessity to performance. Olympic weightlifting and CrossFit are no exception. It is incredibly important that your body can maintain a braced, neutral spine, and even more important: *you must train your body in the position, with purposeful loads, to increase your body's ability to properly stabilize with increased loads*.

Here are two great, progressive stability exercises.

### [Anti-Rotations](#)



### [Squat-to-Banded Press](#)



## #4: Unlock The Shoulders

The shoulder is my personal favorite body part to work with. There are so many factors that go into a healthy shoulder and it is incredibly rewarding when you go from a painful shoulder to a pain-free shoulder.

[Having a healthy shoulder starts with the mid-back \(thoracic spine\).](#)

It plays a huge role in keeping not only the shoulders working properly, but the low-back as well. If you have limited thoracic mobility, you'll be unable to achieve full shoulder mobility.

[This video is a great test.](#)

Aim for 50° of rotation. If you don't have that, you need the thoracic spine opener >>>

Be sure to watch the video and make sure you are doing it properly, as there are many people that do this exercise incorrectly.

[Thoracic Spine Opener.](#)





## #5: Bulletproof Your Shoulders

The biggest area of weakness that we find with our CrossFit athletes dealing with shoulder pain is scapular control with overhead mobility.

One of our go-to exercises to work on this is the shoulder hurdle. It strengthens the mid- and lower-trap muscles that are crucial to scapular control. They also allow you to better control the bar when transitioning overhead.

### [Shoulder Hurdles.](#)



## #6: Spend Time In The Position

As with anything, the more time you spend in the position, the better you get and the easier it becomes. This holds true for your workout positions, particularly the squat since so many Olympic lifts either end/start/transfer in that position.

The squat challenge video below is a great place to start. Aim for 3-5 minutes in that position, 2x/day, finding areas of tightness and then working within those areas.

The video explains it all!

### [Squat KB Opener](#)



# Conclusion

There it is: our six keys to surviving your WODs and staying in the gym. While it's a great starting point and this information is very beneficial, it cannot replace working with a healthcare professional that will individualize your plan of care to you.

Many of these keys can be more in-depth but we hope that it sheds some light on the importance of viewing the body as a unit and how each area can impact the next.

Our goal is to help you as much as we can and to keep you in the activities you love for as long as you want. We are happy to provide our assistance and [schedule a free phone consultation!](#)

Stay Healthy,

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