



BIM Perform Exercise Prescription Guidelines

The exercises prescribed in this program have been designed following current literature pertaining to lower limb injury prevention in football.

This guide provides a six week training regime for the mat, reformer, trapeze table and chair exercises. Each weekly training regime lasts for one hour. At Back in Motion we propose the following breakdown of exercises to fit into the one hour window.

Mat:	20 mins
Reformer:	15 mins
Trap table:	15 mins
Chair:	10mins
Total time for program:	60 mins

The guide provided is a template that can be tailored to suit the equipment at different venues. Obviously exercises can be deleted if there is not sufficient equipment.

The repetition range follows the principles of progressive overload. Spring loading variables are not provided as they should be decided by the physiotherapist using clinical judgement matching the ability of the participants. Both variables (Reps and Loading) can also be tailored depending on ability.

The exercises must be performed following the principles of Pilates to emphasis core control and lumbar stability when moving the peripheral limbs.