

STAYING ACTIVE WHILST SOCIAL DISTANCING FOR TEENS

Tips from Twelve9teen Sports Physiotherapy
twelve9teensportsphysiotherapy.com 0732561219

FOLLOW THE SEEDS PRINCIPLE

- S - Social: connect with friends, family & sports teams via phone, skype, zoom, facetime & teams apps
- E - Exercise: keep up your usual routine - exercise when you would normal train or play sport
- E - Education: keep your mind active - keep up with your school work, listen to 'the young athlete' podcast, learn something new or take up a new hobby, google 'fun activities catalogue'
- D - Diet: Maintain healthy eating - avoid lots of junk food - this will help with managing your mood and energy levels
- S - Sleep: rest and recover during this time. Maintain good sleep hygiene. Consider meditation apps like 'headspace' if you are feeling stressed and finding it difficult to sleep

MAINTAIN GENERAL FITNESS

1. you can safely go for a run or cycle or to an oval/court with one member of your family - try to make it a quiet path/track and to go at less busy times
2. in your backyard do a variety of drills: running, sprint, agility, ball & sports specific
3. If you don't have a back yard, try: skipping, running up and down stairs, exercise bike or bike on a wind trainer.
4. If you have a pool - do some laps and swim technique drills and/or deep water running
5. Tennis is a good sport that maintains adequate social distance, disinfect the ball and racquet
6. Talk to your coach about a specific program for you.

MAINTAIN STRENGTH

1. With Gyms closed, body weight strength exercises are the way to go
2. Try Squats, single leg squats, wide squats, Bulgarians, lunges (narrow and wide, static and stepping), planks, side planks, bridges, 1 leg bridges, dips, push ups (narrow, wide, plyo, T, Y, I), turkish get ups, chin ups (narrow wide), running man, mountain climbers, Nordic Hamstrings, Aeroplanes/Dipping Birds/Sinlge eg Romanian dead lifts, copenhagen adductors - the list is endless
3. Use simple equipment such as banding, dumbbells, swiss balls to add variety and load
4. Progress exercises by altering reps, sets, rest periods and load/variation as above
5. talk to your coach, strength and conditioning coach or exercise physiologist for advice and a program

IMPROVE NEUROMUSCULAR CONTROL

1. Many sports now have a standardized warm up which works on neuromuscular control to both prevent injuries and improve performance. Most of these have been designed specifically for teens.
2. They require little to no equipment and can be done on your own or with a family member in your back yard or park. They take 15-20mins to complete and should be done 2-3x/wk
3. Netball knee program; FIFA 11+ football, Activate Rugby Union, Footy First AFL; Prep to Play AFLW.
4. Add in some balance/proprioceptive drills such: as single leg stance try these variations - eyes closed, eyes open with ball skills, stand on different surfaces such as foam/cushion/trampoline, try different positions such as aeroplane/tree/star, reach forward/back/sideways with your foot and tap the ground, add in perturbations (try to stay still while someone tries to push you over), add a few of these together to make it even more challenging

MAINTAIN TENDON & BONE HEALTH

1. Tendons and Bone need load to stay healthy and strong and to maintain tissue capacity - there is increased risk of not maintaining tissue capacity when out of sport or training for a prolonged period.
2. Tissue Capacity is the ability to perform its usual function without injury or symptoms. If a tissue is at a reduced capacity it will not be able to cope with your normal load and may become injured.
3. Jumping/Hopping/Bounding/Plyometrics are examples of activities to maintain tendon and bone health. You can make it interesting by using stairs, blocks, trampoline, during starjumps, burpees etc
4. Remember to gradually increase the number of jumps - counting foot contacts is a great way to monitor load. Have a rest day between jumping sessions. And always remember your technique.

KEEP IT SPORTS SPECIFIC

1. Most Schools, Sports Clubs and Sporting Organisations have released or are releasing online training programs specific to your sports/club/school/team - these are invaluable right now and have been developed to do at home, by yourself or with a family member - ask your school/club/team
3. Many teams have set up teams apps to keep your team socially connected - join up to these, this is really important to keep your mental health in check to keep your team bonded.
4. These online programs will cover the areas above, but importantly will include balls skills, agility drills, contact drills and so forth, specific to your sport