



Neck Pain	Phase 1 - Acute Pain Day 0-10	Do's Drill leg attacks Mount retention drills Side control retention drills	Don'ts Get stacked Rickson roll Play bottom
	Phase 2 - Subacute Day 11-20	Do's Drill leg attacks Mount and transition drills Play bottom again	Don'ts Get stacked Get neck cranked Post with your head
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!

Shoulder Pain	Phase 1 - Acute Pain Day 0-10	Do's Drill mount retention Back mount retention/finishing Practice keeping elbows tight	Don'ts Allow omoplata, Americana or Kimura position Post heavy on elbow or hand Get arm dragged or scissor swept
	Phase 2 - Subacute Day 11-20	Do's Bottom mount escape drills Leg attack practice Closed guard attacking	Don'ts Allow finishing of shoulder locks Post heavy on hand
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!

Elbow Pain	Phase 1 - Acute Pain Day 0-10	Do's Closed guard attack drills Pressure pass drills X guard entries	Don'ts Allow arm/elbow lock positions Allow shoulder lock positions Post on hand or elbow
	Phase 2 - Subacute Day 11-20	Do's Top retention drills Back mount escapes Leg attack drills and escapes	Don'ts Allow arm/elbow lock finishes Allow shoulder lock finishes Post on hand
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!

Wrist and Hand Pain	Phase 1 - Acute Pain Day 0-10	Do's No gi training! Bottom mount escapes Side control escapes	Don'ts Grip fight excessively Allow wrist lock positions Post on hand or fist
	Phase 2 - Subacute Day 11-20	Do's Leg attack drilling Guard passing drills Top position retention	Don'ts Allow wrist lock finishes Forget to tape digits and fingers if necessary
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!



BJJ **PHYSIO**

Back and Lumbar Spine Pain	Phase 1 - Acute Pain Day 0-10	Do's Drill leg attacks Mount retention drills Side control retention drills	Don'ts Get stacked Play bottom guard or half guard Allow twisting attack positions
	Phase 2 - Subacute Day 11-20	Do's Closed guard attacking Mount and transition drills Top half guard	Don'ts Allow twisting attack finishes Play bottom or inverted open guard Get thrown or hip tossed
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!
Hips and Pelvis Pain	Phase 1 - Acute Pain Day 0-10	Do's Pressure pass drilling Top mount and side control Small joint attack drilling	Don'ts Play bottom open guard Play bottom half guard Play back mount
	Phase 2 - Subacute Day 11-20	Do's Resume back mount drilling Knee or Z shield retention Open guard game resumes	Don'ts Allow knee joint attacks Allow knee cut or over-under passing Invert or go to X guard positions
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!
Knee Pain	Phase 1 - Acute Pain Day 0-10	Do's Drill closed guard Drill top side control retention Drill back mount	Don'ts Work takedowns Invert or play deep X guard variations Let partner attack leg or knee subs
	Phase 2 - Subacute Day 11-20	Do's Drill mount retention Drill top mount transitions Drill back and top mount escapes	Don'ts Advanced partners ONLY to threaten leg attacks Play rubber guard Work explosive guard passing
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!
Foot and Ankle Pain	Phase 1 - Acute Pain Day 0-10	Do's Drill back mount defense and escape Drill side control retention Drill back mount finishes	Don'ts Work takedowns Play heel hooks, ankle or toe holds Play rubber guard
	Phase 2 - Subacute Day 11-20	Do's Drill grip fighting Guard passing and retention Drill top mount retention/transitions	Don'ts Play standing guard passing Advanced partners only to attack ankles/feet
	Phase 3 - No Pain Day 21-40	Do's Don't have pain? ... Return to training!	Don'ts Forget to keep strengthening!