

How I Rehabilitate Combat Sport Athletes



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Quick Takeaways

- Aim for strength of 3N/Kg for shoulder external rotation when it's assessed on a fixed frame dynamometry
- The target for wrist grip strength for male and female professional athlete's is 6.5N / Kg and 6N /Kg respectively
- Aim to progressive isometric holds if the athlete can maintain good technique for 20"
- Always assess and rehabilitate into end range for the neck in this population group given its performance benefits in various grappling positions
- Combat sport athletes should be able to maintain an isometric cervical flexion contraction for greater than 60"
- Unlike other sports, given the extreme positions that combat sport athletes are exposed to, objective assessments must explore the absolute end range of all major joints to ensure no pathology is missed.



Key Learnings

1 Reductions of grip strength of approximately >20% can be suggestive of developing wrist pathology

2 When performing combined neck and shoulder strengthening exercises, never load both heavily together. Alternate through different exercises where most of the stimulus is directed

3 Whilst individual variation occurs, when considering neck isometric strength, the cervical flexors and lateral flexors are commonly 80% as strong as the extensors. Cervical rotation is commonly the lowest at 60% approximately