

# THE TAB METHOD



**STRENGTH AND  
CONDITIONING**  
COURSE.COM



BECOME THE EXPERT



# WORKING AROUND INJURIES

Injuries and niggles are often caused by doing a little too much and overreaching a little too far in a session (a spike in training intensity), or doing a little too much of the same thing causing repetitive strain injuries (a spike in frequency / volume) – **the key is to avoid sudden spikes.**

Many injuries can be avoided by applying the principle of progressive overload – motivated individuals often have to have the discipline to NOT do that extra set. However, it's unrealistic to believe niggles and injuries can be eradicated entirely, especially when the aim is elite performance.

**Rule 1 when it comes to injuries:** Don't risk making it worse. If you are not qualified to diagnose the issue, refer to a doctor or physical therapist as there might be exercises that are initially contraindicated.

From there, consider the TAB Method explained in the next slide.





# THE TAB METHOD

## The TAB Method:

- Take away aggravators – initially get rid of the things that make the injury feel worse during exercise, hours after and the next day (if you keep picking a scab, it will never heal).
- Add in exercises that feel good – load the tissues, increase circulation and promote healing / add in mobility work to reduce excessive tension.
- Build resilience to the aggravators – injury prevention 101 is **build the strength to accommodate the stress**. Once initial healing has taken place, we need to progressively build resilience in the tissues.



BECOME THE EXPERT



# CORRECTIVE EXERCISE

If you are interested in learning more about how we can prevent and manage injuries in a training setting, take a look at our Corrective Exercise Course.

This course is created for fitness professionals and enthusiasts who want to gain an in-depth understanding of how to fix technique faults and compensation patterns caused by mobility restrictions, muscular imbalances, and asymmetries.

This course will act as a permanent foundation underpinning your knowledge as you progress on your Strength and Conditioning Journey.

Here's the link to the full course: **75% Off!**

<https://courses.strengthandconditioningcourse.com/p/corrective-exercise-movement-mastery>

**CORRECTIVE EXERCISE**  
FIX MOVEMENT LIMITATIONS & COMPENSATIONS

STRENGTH AND CONDITIONING COURSE.COM

JASON CURTIS

HOPE YOU ENJOYED  
OUR CONTENT



**STRENGTH AND  
CONDITIONING**  
COURSE.COM



BECOME THE EXPERT