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## Broken legs, let's face it: Still plenty to do to keep yourself fit!

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### Abstract

For any fitness savvy person, the Doctors remarks while having a look on the x-ray – Its fracture –is absolutely traumatic. Its any athlete's nightmare come true. Just thinking of sedentary life style for doctors prescribed period is scary. The mind still craves for workout and desperately need endorphins to feel good as always. If it is broken while doing what you love doing it hurts more. Worry of Loosing fitness is totally demoralizing.

Lot said, lets accept it, now Its broken-Lets face it. Let the doctor take care of medicinal parts. But it is not prudent to let your broken leg to make you lose hard earned muscles and endurance. Hanging out on couches with numerous cups of coffee and TV shows no way going to make you feel any good, neither to your mood nor rehabilitation. In fact, a complete break from training is a bad idea. After all, you'll gain weight during your layoff and then, when you return to training, you'll have to restore lost fitness and strength while rehabbing your injury. A complete training break can also be very demoralizing and that can have a negative impact on your recovery

The good news is that, soon after suffering your fracture, you can and should be able to do at least some training to maintain your fitness. Though exercising with a broken ankle seems like contradictory, but it is not. With a little creativity and patience – you can exercise your way to healthy body without staking the already broken ankle.

There are plenty of options to remain active and maintain hard earned fitness despite of broken ankle. This paper summarizes few of plenty of option available to keep you as you are, fit and fine.

**Keywords:** Broken legs, fitness, avoiding muscle atrophy, battle rope, medicine ball

### Introduction

#### Maintain strength in your injured leg by training your uninjured leg

One of the worst aspects of breaking your leg is that your injured limb will have to be immobilized and you'll have to keep your weight off it. This causes a very rapid loss of muscle – properly called atrophy. Here comes the single leg jumps in play. Not only it will help you mobility with a cast on the injured leg, This plyometric move will make a great positive impact on maintaining fitness. Muscle atrophy starts soon after injury and means that, when the plaster cast comes off, your previously muscular leg will have all-but withered away. Muscle mass can be restored relatively quickly, but as the saying goes, an ounce of prevention is worth a pound of cure.

It may be possible to reduce loss of strength and muscle mass in your injured leg by continuing to train your non-injured leg. Research suggests that training your non-injured side can have a positive effect on your injured side (1). This is called "cross education". Exercises like single-leg leg extensions, leg curls, and leg presses may help preserve at least some of your muscle strength and size.

#### Abdominal Exercises

For many people, abdominal exercises can easily be performed from bed. However, if you typically tuck your feet underneath the couch while working your abs, it may be difficult to perform these exercises with a broken ankle. Begin by performing 10 to 20 traditional crunches. Then, modify the crunches to work your oblique muscles. With your hands behind your head, bring your elbow to the opposite knee every time you crunch forward. Slide your hands underneath your buttocks and extend your legs straight on the bed.

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Use your abdominal muscles to lift your uninjured leg toward the ceiling. Hold for two to three seconds and then slowly lower back to the bed. Repeat 10-15 times.

### Upper Body Exercises

If you are only recovering from a broken ankle, you should be able to perform simple arm exercises with light weight dumbbell from bed. Exercise ideas include overhead triceps extensions, shoulder presses, chest presses and bicep curls. Even with light weight and good number of repetitions muscles can easily be preserved avoiding the muscle atrophy.

### Battle rope Exercises

Battle ropes are more than just a passing fad; they're a valuable weapon for getting you to your fighting weight! In fact, a study in the Journal of Strength and Conditioning Research found that a mere 10-minute battle-rope workout increases heart rate to peak levels and should be classed as high-intensity exercise.

There are dozens of options here that use your upper body to get your heart rate up. You can also do intervals, though it's more likely that they will be short (these are tough for extended periods of time). I'd favour using them from your knees to take stress off the knee, or standing on your good leg. Ropes are significant in that they create a dual-force dynamic effect, one that uses the force of gravity and the force created by rope waves to amplify and improve all of the human systems physiological response. All the battles rope moves can be performed seated.



Fig 1: Upper body battle rope exercises with broken ankle



Fig 2: Light weight bicep curl with a broken ankle

### Medicine Ball

Medicine Ball Work (particularly from kneeling positions or on your good leg so as to take all stress off the knee) - Scoop Tosses, Shot-puts, Chest Passes, Slams, OH Throws, etc... Link a bunch together as a circuit and you'll get your heart rate up with a significant positive impacts on Abs, shoulder

and chest in particular.

### Sledgehammer workouts

If your injury still allows you to stand up on your own 2 feet with very little movement then the sledgehammer workout is also good for you. Use a baseball bat or a broomstick if you don't have a sledgehammer. Sledgehammer training is extremely good training, not only for the core, forearms and back, but for your cardiovascular system as well. Most of the sledgehammer variations can be done seating so it can be done even with a broken ankle.

### Knee Pushups

A knee push-up mimics the namesake motion, but with one variation to make it easier for individuals who struggle with a traditional push-up: the placement of the knees. People with injured leg can easily do this move. Keeping your knees on the floor reduces the total weight you need to lift to complete the motion, while still retaining many of the push-up's benefits.

### Concluding Remarks

If you have sustained a broken ankle you must first consult your physician to see which exercises you can or cannot perform. Broken bones at the ankle joint have various severity and each type of break has a different set of precautions and contraindications. Until your physician clears you for activity, limit exercise to upper body resistance training in a seated or lying position. Example exercises are seated bench press, seated overhead press, lat pull downs, seated rows, seated biceps curls and seated tricep extensions. It's possible to have a broken foot and continue with your normal exercise routine, but it's not recommended. Bone fractures need to be stabilized to give them time to heal properly. You'll most likely wear a brace to immobilize your foot and need to stay off it for a period of time. With crutches or a walking brace however, you can create a workout plan to keep yourself in shape while your foot heals. If you're recovering from an injury, you may not be able to use your arms or legs as usual and run or compete on the basketball or tennis court, but there's many things you can do. It's important to stay active to keep your muscles engaged and to maintain strength in your core. Always defer to your doctor's orders when planning an exercise regimen when you have broken bones.

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