

6'2GOAL'S Limb Lengthening – MANUAL

● **OVERVIEW:**

A thorough guideline for each stage of the lengthening process, which can be modulated to reflect unknown future conditions. The guidelines main function is to provide a blueprint of daily requirements and activities to be fulfilled in order to reach the desired outcome specified within that timeframe. This allows an organized and efficient approach in order to achieve the set target.

PRE OP ROUTINE:

40 MINUTE SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FLEXIBILITY	Hip flexors Quadriceps Hamstrings It bands Calves Lower back Glutes	Rest	Hip flexors Quadriceps Hamstrings It bands Calves Lower back Glutes	Hip flexors Quadriceps Hamstrings It bands Calves Lower back Glutes			
CARDIO	jog		jog		jog		jog
RESISTANCE	Lats, Abs	Shoulders	Biceps, triceps, forearms	Shoulders	Lats, Abs	Biceps, Triceps, forearms	Lats, Abs

POST OP WEEKS 1+2:

SUPPLEMENTS:

TRAINING: None/ prescribed physio.

Post-op protein shake: Cyclone (60%) +Whey (30%)+ Glutamine (10%) x Daily

High dose vitamin c (3g per day)

High dose Co-enzyme Q10 (x3 per day)

High dose Krill oil (x4 per day)

Herbal antioxidants : (x1 x3 times per week)

DIET: High simple carb (40%)

Medium complex carb (15%)

Medium protein (35%)

Low fat. (10%)

High antioxidant/ enzymes

WEEKS 3+4

SUPPLEMENTS:

TRAINING:

Recovery shake: Cyclone (20%)+ Whey (70%) + Glutamine (10%) x Daily Week 3: Prescribed Physio.

Med- dose vitamin c (2g per day)

Week 4:

Med- dose Co- enzyme Q10 (X2 per day)

x 20 mins per day exercise bike

Med -dose Krill oil (x3 per day)
crutches

x 30 mins per day walking w/

Herbal antioxidants: (x1 x3 times per week)

x 5 Physio/massage

DIET: Medium simple carb (25%)

x 1 upper body resistance training.

x 1 swimming cardio.

Medium complex carb (25%)

Medium protein (35%)

Medium fat. (15%)

High antioxidant/ enzymes

MONTH 2+ UNTIL CONSOLIDATION PHASE:

SUPPLEMENTS:

TRAINING:

Protein shake: Whey (90%) + Glutamine (10%) x Daily X40 mins per day exercise bike.

Vitamin c (1g per day)

X30 mins per day walking with crutches

Co- enzyme Q10 (x1 per day)

X5 Physio/massage

Krill oil (x2 per day)

X 3 upper body resistance training.

Herbal antioxidants: (x1 x3 times per week)

X 2 Swimming /cardio

DIET: Low simple and complex carb (10/10%)

High protein (50%)

Medium fat. (30%)

High antioxidant/enzyme.

40 minute session	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assisted	Physio / massage						
Bloodflow	Exercise bike	Exercise bike	Exercise bike	Exercise bike	Exercise bike	Exercise bike	Exercise bike
Maintaining Function	Walking						
Personal stretching	Hip flexors Quadriceps Hamstrings It bands Calves Lower back Glutes						
Resistance training	Shoulders		Arms Abs		Shoulders		Arms Abs
Cardio		Swim		Swim		Swim	

MONTHS 4-10 INITIAL CONSOLIDATION (UNTIL WALKING IS PERFECT):

SUPPLEMENTS: _____ TRAINING: _____

Protein: Whey (90%) + Glutamine (10%) x Training days X40 mins per day exercise bike.

Vitamin c (1g per day) X40 mins per day walking with crutches

Co- enzyme Q10 (x1 per day) X40 mins per day personal stretching

Krill oil (x2 per day) X3 Physio and Massage per week.

Herbal antioxidants: (x1 x3 times per week) X 3 upper body Resistance training per week.

Calcium-Magnesium- boron x 2 cardio/ Swimming per week.

(With milk x 500mg per day) x1 X rays per month.

Glucosamine -chondroitin –msm

(Taken with milk x 1g per day) DIET: Minimal simple and Low complex carb (5/15%)

Milk (1 pint per day) High protein (50%)

Beef stock (x3 per week) High fat. (35%)

High Mineral / antioxidant/enzyme.

40 minute session	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Assisted	Physio / massage		Physio / massage			Physio / massage	
Bloodflow	Exercise bike	Exercise bike	Exercise bike	Exercise bike	Exercise bike	Exercise bike	Exercise bike
Maintaining Function	Walking	Walking	Walking	Walking	Walking	Walking	Walking
Personal stretching	Hip flexors Quadriceps s Hamstrings s It bands	Hip flexors Quadriceps s Hamstrings s It bands	Hip flexors Quadriceps Hamstrings It bands Calves Lower back	Hip flexors Quadriceps s Hamstrings s It bands	Hip flexors Quadriceps s Hamstrings s It bands	Hip flexors Quadriceps s Hamstrings s It bands	Hip flexors Quadriceps s Hamstrings s It bands

	Calves Lower back Glutes	Calves Lower back Glutes	Glutes	Calves Lower back Glutes	Calves Lower back Glutes	Calves Lower back Glutes	Calves Lower back Glutes
Resistance training	Shoulders	Calves	Arms Abs	calves	Shoulders	calves	Arms Abs
Cardio		Swim		Swim		Swim	

*Notes: Calf workouts: (referring to the gastroc, soleus, perineus, tibialis etc / entire lower limb complex)
Calf muscle group resistance training x 3 per week is imperative (as is everything else). A very high rep and low weight / low impact methodology is to be utilized. Any load or weight bearing on the femurs is to be strictly avoided at all costs. The primary benefit of this training methodology is its use in stimulating massive blood flow through the femurs with the added secondary benefit of maintaining muscle tone in the lower limb. During consolidation doing this frequently is of great benefit for a speedy recovery.