

Non-Concurrent Rehabilitation

Worksheet

Use the space in the boxes below to write down your responses to the questions



What do you understand by non-concurrent training?



Think about your own rehabilitation or training practice. Do you typically prescribe / deliver concurrent training rehabilitation?

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What are the advantages and disadvantages of concurrent training?



Can you think of a specific situation where a non-concurrent approach to your rehabilitation / conditioning prescription would be of benefit to your patients / clients?

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Notes

