

**Train Hard.**  
**Fight Smart.**  
**Stay Uninjured.**



*Injury Prevention & Performance  
Seminar Highlights · April 4, 2026*

[righttrackphysio.com.cy](http://righttrackphysio.com.cy)



## Antonis Petri

**Co-Founder & Lead Clinician @ Right Track**

BSc, OMPT BSc Physiotherapy, Sports & Orthopaedic Rehabilitation Specialist. Ex Clinical Practice Supervisor at Frederick University (Cardio, MSK, Neuro Rehab).

**Most fighters**  
**train through pain**  
**on a regular basis.**



## THE REALITY

# The hard truth about injuries

---

# 58–70%

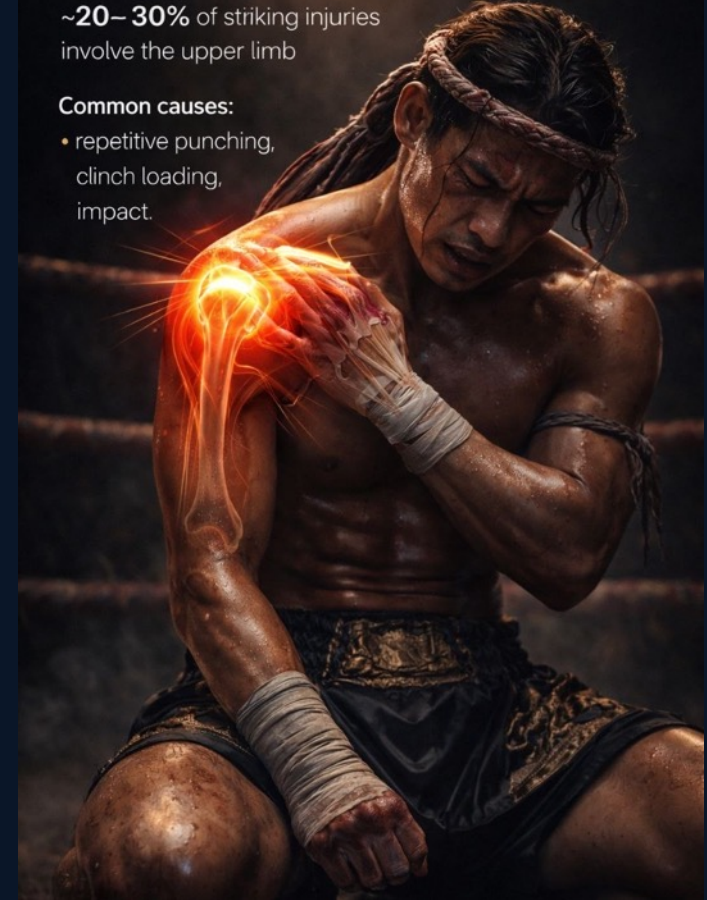
of striking sports athletes get injured every year.

## Shoulder Injuries in Muay Thai

~20–30% of striking injuries involve the upper limb

### Common causes:

- repetitive punching, clinch loading, impact.



**«Most injuries  
are preventable.»**

---

Less toughness. More strategy.

# Today we will cover

---

01



## Why fighters break down

Injury patterns in combat  
sports

02



## Pre-fight warm-up

Proper preparation before  
training

03



## Joint protection

Shoulder, knee, ankle

04



## Recovery

Recover like a professional

# The 5 most commonly injured areas

SHOULDER

WRIST

LOWER BACK



KNEE

ANKLE

# Why Muay Thai breaks you down

---



## Kick Rotation

Rotation  
in the kick

---

Hip + knee  
under pressure



## Clinch

Locks  
& leverage

---

Neck + shoulders  
under load



## Punch Volume

Volume  
of strikes

---

Wrist + shoulder  
repetitive stress



## Fatigue

Fatigue  
& overtraining

---

Poor technique  
when fatigued

# Pain disrupts movement.

---

Changed biomechanics → compensatory patterns

→ new injuries

WARNING

# Red flags of overload

---



## Performance Decline

Worse results  
despite the effort



## Poor Sleep

Insomnia or excessive  
fatigue despite sleep



## Chronic Fatigue

No recovery  
with rest



## Persistent Pain

Pain > 7 days  
without improvement

**Shadowboxing alone  
is not enough.**

---

Time to change our approach.

# 10 minutes that save your joints

**10**  
MINUTES

Before every  
training session.

PHASE 1

## 5' Shoulders

- Shoulder circles
- Band pull-aparts
- Wall slides
- Scapular push-ups

PHASE 2

## 5' Hips + Knees

- Hip circles
- Cossack squats
- Leg swings
- Ankle mobility

# TRY IT YOURSELF

## Fighter Warm-Up Blueprint

---

all you need · 1 resistance band · 2m of space

# 4-step shoulder routine

---

STEP 1

**Band  
Pull-Apart**

**3 × 15 reps**

---

Scapular retraction  
& rhomboid activation

STEP 2

**External  
Rotation**

**3 × 12 reps**

---

Supraspinatus  
& infraspinatus

STEP 3

**Wall  
Slides**

**3 × 10 reps**

---

Scapular  
control & ROM

STEP 4

**Push-Up  
Plus**

**3 × 10 reps**

---

Serratus  
& stabilization

**Stable shoulder =**  
**a cleaner, more powerful strike**

# 4-step hip/knee routine

---



## Cossack Squat

**3 × 8/side**

---

Hip mobility  
& knee stability



## Leg Swings

**2 × 15/side**

---

Dynamic mobility  
hip & hamstrings



## Deep Squat Hold

**3 × 20sec**

---

Ankle mobility  
& and hip simultaneously



## Single-Leg RDL

**3 × 8/side**

---

Balance, hip,  
& hamstring activation

**A prepared joint =  
better force transfer**

---

Shoulder · Knee · Ankle

# 3 rules fighters ignore

---

01

## STABILIZATION BEFORE STRENGTH

Don't hit the heavy bag without activating your rotator cuff.



02

## PUSH / PULL BALANCE

For every push exercise, do at least 1 pull exercise.



03

## DON'T IGNORE SHOULDER PAIN

Shoulder pain while striking  
= a signal to stop.



# "The knee follows the hip"

---

When you lose hip mobility, you overload the knee

"The ankle is  
**your suspension**"

---

pivot · landing · balance · control

# Recovery Fight-level Recovery



## Sleep

SLEEP

7-9 hours / night  
The #1 recovery factor  
Non-negotiable



## Load Management

LOAD

Progressive load increase  
No sudden changes  
Monitoring RPE & wellness



## Active Recovery

ACTIVE

Light movement after training  
Mobility & foam rolling  
No passive rest

# Recovery myths: What works and what doesn't

---



## ICE

---

- ✓ Reduces pain short-term
- ✓ Helps after acute injury
- ✗ Doesn't speed up healing
- ✗ May delay recovery



## STRETCHING

---

- ✓ Increases ROM long-term
- ✓ Reduces muscle stiffness
- ✗ Doesn't prevent injuries on its own
- ✗ Static pre-workout reduces strength

**WARNING**

# When you **MUST** stop training

---



## Joint Swelling

---

Visible inflammation around any joint



## Weakness

---

Sudden loss of strength in a limb



## Numbness / Nerve Symptoms

---

Tingling, pins & needles, or loss of sensation



## Pain > 7 Days

---

Persistent pain without improvement



## Altered Movement

---

Compensating technique due to pain

# Got Questions?

---

[righttrackphysio.com.cy](http://righttrackphysio.com.cy)

FOR FIGHTERS

# Assessment + Treatment Plan

- ✓ **Initial Assessment (45 min)** Initial physiotherapy assessment
- ✓ **2 Follow-Up Sessions** 2 follow-up treatment sessions
- ✓ **Recovery & Prehab Plan** Personalised recovery & prehab plan

120€

→ **89€**

-26%



**Tony Petri**  
WhatsApp contact

