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## Injury Hacking Explained:

The Dawn of an Exciting  
New Future for Sports &  
Fitness Coaching

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# THE FUTURE IS OURS - IF WE'RE BRAVE ENOUGH TO TAKE IT

The reality is that coaches can't avoid people with existing injury problems in their sessions. We're all coaching someone who's carrying aches and pains or is dealing with some level of emotional stress. Most coaches want to help but worry that they could be making the problem worse.

Since COVID, the public feel like they have nowhere to turn when it comes to minor injuries because they don't want to add to the workload of the healthcare system, so there's a tidal wave of mismanaged and undiagnosed injuries silently swelling in the background with nowhere to go.

But if we act now, we can be the perfect solution.

Sports clubs and organisations are in the perfect position to provide the support our members and healthcare systems need because we already have the coaches who are willing and able to help.

Unfortunately, we aren't going to get anywhere using the existing specialism structure, because the number of coaches who want to specialize in injuries is too small, and the volume of injured people is already too big!

Instead, we need to think differently.



## Introducing, "Injury Hacking".

Injury Hacking breaks injuries down into small manageable chunks, giving every coach the skills to play a small part – no matter what their level of knowledge or experience. We stay focused on the major risk factors for injury, rather than the injury problems themselves, making it easy for every coach, at every level, in every sport, to make a valid and safe contribution, whilst doing what they're already awesome at!

And the great news is that when we all do a little, we can achieve a lot.

What matters most right now is speed, simplicity, and volume. Coaches are in a unique position to be able to make a huge difference, just by every coach doing a little bit.

I've been using this exact approach to help thousands of people across the world out of existing pain, and protecting them from further problems – just by using simple coaching skills

But we all need to work together, because the sooner we start, the sooner we'll see results!

**We need to:**

- Make every coach aware of the silent signs of injury problems, fast
- Give every coach leading warmups and cool downs the skills to prevent injury through movement
- Give every coach ways of teaching skills and building strength that create resilience against injury
- Help establish coaches on a different but equal footing to therapists so that they can collaborate and communicate more effectively
- Create a proactive culture within our clubs and organisations when it comes to injury prevention and management.

With new skills, you'll give your coaches hope and purpose in these uncertain times, creating a stronger sense of togetherness within your coaching staff and beyond. These new opportunities will give your coaches something exciting to focus on – and you'll be a great example of leadership & safeguarding in your community.

Together we can turn problems into valuable opportunities to create a fast, and far-reaching solution!



## A FEW COURAGEOUS SOULS



"I'd been suffering with knee pain for years. Sarah's methods were quite different from anything I'd studied or tried as an athlete for 50 years, but traditional methods had failed me. So, I decided to give it a try. Within the first session I was feeling better and in four weeks my life was transformed because Sarah showed me how not to address the symptom but to address the underlying cause – and once we fixed that, a whole host of problems disappeared." – Jim Edwards

Case Study: Rebecca Richardson – At age 14 Rebecca was bordering on being accepted for the British Synchronised Swimming squad, but couldn't curl her big toe under, which is not acceptable for international standards. While not in pain at the time, if left unmanaged, this small problem would have led to a lifetime of foot pain and probably an early exit of the sport. Injury Hacking restored the movement in her foot which allowed her to curl her toe under and she went on to have a glittering international career and even gained a scholarship to attend university in the US, entirely pain and injury free.



Case Study: Matt Heaton – At 21 he dreamed of playing rugby union for Canada. He came to the UK to play at club level in a more competitive environment. He was plagued by calf problems which meant he was missing training time and was in danger of being dropped by the club. Injury Hacking not only saved his career, but also kept him injury free for years, despite punishing international and club schedules including representing Canada in the Rugby World Cup.

Margaret (Injury Hacking Specialist) – After a few weeks of consistent swim training using the Injury Hacking approach, several triathletes began to comment regularly on the sessions: For example, "I really enjoyed that session, it was fun, and I surprised myself. I found that I could swim further than I ever thought I would be able to, and I wasn't even out of breath. It is so much easier now and I'm going faster too. Thanks Margaret"



Chris (Injury Hacking Specialist) – My client, Mary, started going to the gym because she needed to be active to support her son who has autism, but the exercising she was doing seemed to be making the pain in her hips and knees worse. Using the Injury Hacking approach, we focused on dealing with the underlying causes of the pain and discomfort she'd suffered with for years. After only a couple of weeks, she could see the effects that her improved movement and decreased pain was having on her relationship with her son. Injury Hacking has changed both their lives.

## THE INJURY HACKING DIFFERENCE

When most coaches hear the word “injury”, they think of the symptom or the name of the condition. But the pain, symptoms and the technical detail of injuries are not a coach’s responsibility – and nor should they be. That’s what therapists and the healthcare system do.

The problem is that most education courses for coaches around injury or injury prevention take the medical perspective, teaching the detail of injury, which is specifically designed to only appeal to a minority of coaches.

Injury Hacking is the exact opposite. It looks at the problem of injuries from the coaching perspective, focusing on the parts of injury that we can all get behind.

Injury Hacking isn’t about technical jargon, it’s about sensible, safe, and effective measures that tackle the major contributing and risk factors that inevitably lead to pain.

Injury Hacking is about developing simple, discreet coaching skills that every coach can easily blend into every session.

**Injury Hacking isn’t about replicating the medical profession, it’s about complementing it.**



## CHANGING LIVES ACROSS THE WORLD FOR OVER 20 YEARS

My name is Sarah J Pitts. I'm your Chief Injury Hacker and the quiet, unassuming clear thinker that sports and fitness coaches go to for tools and strategies that actually work, so they can understand injuries in a meaningful and practical way, faster.

But I never intended to dedicate my life to the eradication of injuries. From the age of 13 I was desperate to become a PE teacher. Every lunchtime and after school you'd find me helping the PE staff to teach the kids younger than me so, 5 years later when I was accepted to do a teaching degree at university, I thought I'd made it.

The very next year though, I was devastated to fail TWO of my teaching practices and was kicked off the course. Soon afterwards, I was physically assaulted and then had my spine manipulated badly which left me with the most crippling back pain and hypersensitivity to all kinds of regular treatments.

When I started Personal Training a couple of years later, my very first client was a motocross rider who was constantly carrying some pain or another so I decided to try to learn as much as I could about injuries... without having to become a Physiotherapist.



Over the next decade, I learned about posture, stretching, rehabilitation, taping, foam rolling and functional movement but with each passing certificate just felt like I was drowning in "tools in the toolbox" with no real sense of how to make them all work together inside of my coaching.

They all had their individual merits, but there wasn't anything that covered everything, and it always felt like there was something missing.

That's when I decided to take the plunge and become a soft-tissue therapist. I thought that if I just knew more about how to treat injuries, everything would come together. It didn't.

I found myself stood at a treatment table for 8 hours a day, burned out and miserable. I'd accumulated an abundance of knowledge and numerous skills to deal with injury problems, but still, something didn't feel right.

That's when I decided to challenge myself to see if I could use movement to reach the areas of the body that I was manually working on, on the table.

First, I experimented on my own perpetually injured, super-sensitive body and after getting great results, I shared them with my patients, both in person and online. After the umpteenth time of being told “I did those movements you gave me and the pain went away”, it finally dawned on me that those same movements could be used BEFORE the pain came!

And the BEST people to use them wasn’t therapists, it was coaches!

In the years that followed, I came to understand that emotional and physical stress are not only the two main risk factors for injury but are also the main obstacles for health and fitness.

When coaches learn ways of reducing these two things, everything else they are trying to manage, just falls into place.

THIS is injury hacking!

Now, after almost a decade of experimentation, refinement, and vigorous testing, what started out as a way of helping my clients with their injury problems, has become the most inclusive, accessible, and collaborative solution to emotional and physical health on the market today – and is the only sensible approach to injury prevention and management for sports coaches, clubs, and organisations.

**Injury Hacking is my life’s work and has led me to become:**

- Two-time Amazon bestselling author
- NSCA & CIMSPA Approved Training Provider
- Consultant & Mentor for UK Coaching Health Policy Development
- Co-founder of mentorship programme for a multi-million-dollar business in US
- And much, MUCH more!



# THE GENIUS OF INJURY HACKING

The Injury Hacking structure was designed to support and educate coaches as their journey into coaching develops, starting with something every coach can do (from being a volunteer or assistant coach), right up to those who want to build a coaching business for themselves.

The table below shows how just a couple of small Injury Hacks creates simplicity, keeps coaches firmly within their coaching role, fits neatly into what they are already doing, and creates a “wrap around” protective layer for participants against injury.

	LEVEL 1	LEVEL 2	LEVEL 3		LEVEL 2	LEVEL 4	LEVEL 5
Coaching Structure	Greeting	Warmup	Skill/Drill	Workout	Cooldown	Wider Influence	Multidisciplinary
Coaching Skill	Observation	Movement	Movement		Movement	Communication	Connection
Injury Hack	Signs of Emotional or Physical Stress	3M Flow Secret Release Formula	SPGs Sacrum Activation 30 Day RGP		3M Flow Secret Release Formula	Understanding of big picture in pain management	Network
Coaching Role or Responsibility	Safeguarding Wellbeing Mental Health	Inclusivity Diversity Motivation Mindset Balance Agility Coordination Mobility Stretching Posture Strength	Strength Speed Stamina Endurance Performance Learning Skills		As warmup +  Sleep Recovery Digestion	Energy Emotions Communication Assessment Skills	Teamwork
Benefit to Coaching	Confident being safe & effective  Know exactly where you stand  Feel valued even as an assistant coach	Know exactly what to do without adding more work  Simplifies coaching & removes pressure  Removes barriers to entry	Faster performance gains  Builds resilience  Decreases risk of injury returning		Faster recovery	Raises coach profile in eyes of other professionals	Creates a long-term, more cohesive solution for industry

# THERE'S ROOM FOR EVERYONE

## INJURY HACKING SECRETS – LEVEL 1

The public are more reluctant than ever to mention minor aches and pains because they worry that they'll have to stop training. That's why being able to recognise the body language, behaviours and reactions that indicate potential underlying problems is a powerful Injury Hack.

As coaches we can't do anything to help if we don't know the problem is there – or worse, we might inadvertently aggravate the problem!

Fortunately, every coach, no matter what their level of experience can learn what to look for, and with a good solid grounding in the “dos” and “don'ts” when it comes to helping people with injuries, coaches are much less likely to get drawn into offering advice without the appropriate qualifications to fall back on.



## INJURY HACKING CERTIFICATION – LEVEL 2

If identifying unspoken problems is the first step, then the second is being able to do something about it quickly.

The EXCLUSIVE 3M Flow™ technique is the fastest, most comprehensive approach to movement improvement in the industry to date. Inspired by the 3D dynamic stretching approach of the Gray Institute, and using simple human movement, the 3M Flow™ looks beyond tension release, creating long-lasting movement pattern change in just a few minutes.

The 3M Flow™ puts the individual in full control, making it suitable for all ages, abilities, and levels of understanding.

But improving movement isn't just about random joint selection. The “Secret Release Formula” is the order in which the body likes to let go of tension that has been developed based on tens of thousands of hours, with countless people and coaches. The “Secret Release Formula” helps coaches to spend less time on improving movement, and more time on the training that everyone loves.

These amazing Injury Hacks are designed to slip easily into warmups and cool downs, to help coaches keep doing what they do best!



## INJURY HACKING FOR TECHNIQUE & PERFORMANCE – LEVEL 3

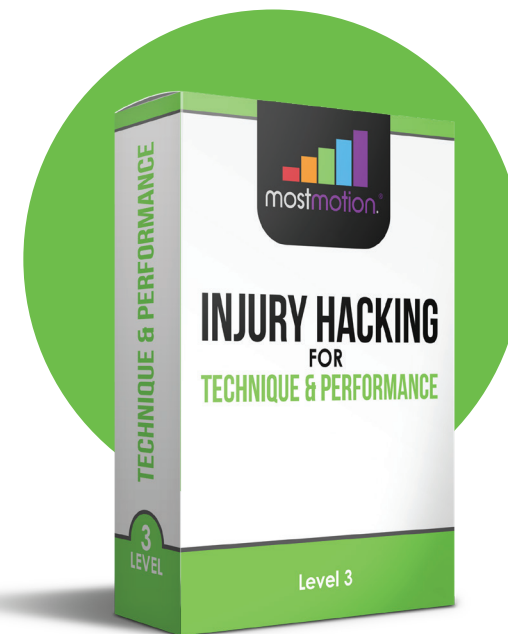
Performance is all about efficiency of movement and technique problems are the things that get in the way of that. But what if there were only 3 body positions – that mainly go unnoticed – that are not only causing the vast majority of these technique problems, but are also present in almost all non-collision sports injuries too?

To the trained eye, these 3 “Silent Performance Gremlins” are easy to spot at a glance and, when dealt with appropriately, have the power to eliminate multiple technique problems (and therefore injury risks) at once.

When combined with the 3M Flow™ and “Secret Release Formula” techniques, programming is a breeze – generating laser targeted, individualized and lightning quick results in as little as 30 days.

The EXCLUSIVE “Sacrum Activation” technique also transforms core strength training, helping to keep the core area supple and strong – without the stiffness that contributes to lower back pain.

These simple yet super individualized Injury Hacks take 1-1 coaching to the next level!



## INJURY HACKING SPECIALIST – LEVEL 4

But coaches aren't the only ones involved in the injury process. Understanding a client's specific circumstances around their existing injury problem helps the Injury Hacking Specialist collaborate and communicate effectively with everyone involved.

Identifying a person's individual movement restrictions and underlying beliefs about their pain – even if it happened 20 years ago – perfectly positions the Injury Hacking Specialist to create new, non-painful experiences around movement that serve to change beliefs and deliver results where others have failed.

In addition, understanding the level of support and input from other professionals puts the Injury Hacking Specialist in a position to be able to complement any treatment plans, providing support to the therapist and the client alike.

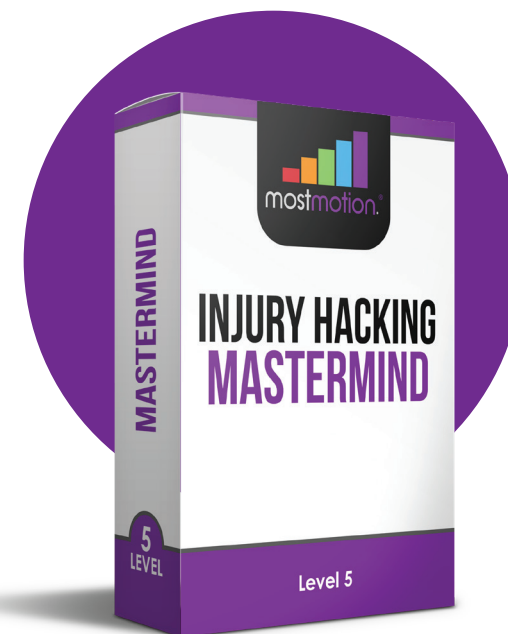
This powerful Injury Hack helps to put coaches on a different but equal footing to therapists, bridging the gaps in the current system.

## INJURY HACKING MASTERMIND – LEVEL 5

Preventing or eliminating injury cannot work if we try to do everything ourselves. For those who wish to create a culture of Injury Hacking within an organization or connect with other coaches and professionals, the Injury Hacking Mastermind helps Injury Hackers of all levels find each other and work together.

Using the “Injury Hackers Hub” to communicate regardless of level or location, the Injury Hacking Mastermind works closely with individual coaches and organizations to create Injury Hacking “ecosystems”.

Comprising of Injury Hackers and professionals of all levels, these “ecosystems” play to each person’s strengths and create communities that provide a powerful support network not only to each other, but to the injured party too.



A photograph of three runners (two women and one man) in starting blocks, ready to race. The image is overlaid with a purple gradient and a white rectangular frame. The text is centered within this frame.

## THE FUTURE IS HERE... ARE YOU READY?

The unique Injury Hacking approach creates a simple yet more comprehensive solution to the injury problem than the current system provides – and when we all play our part, we have the power to change lives and relieve the strain on our healthcare systems, fast.

If this got you excited and you're ready to bring the power of Injury Hacking to your sports club or organisation, please contact me at [sarah@mostmotion.com](mailto:sarah@mostmotion.com) and of course, you're more than welcome to join our Facebook community at [injuryhackers.com](https://injuryhackers.com)

