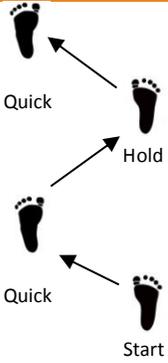


## Injury Prevention Exercises

Exercise	Description	Picture	Importance
<b>Scapular Push-Up + With Row</b>	From a push-up position, draw abdominals up and in, keeping low back flat. Pinch shoulder blades together and down maintaining flat back and head in line with spine. Next, round shoulder blades towards the ceiling. Slowly row one arm upwards and pinch shoulder blades together. Repeat on each side 20 times.		Improving scapular stability for an athlete will help keep the shoulder (and elbow) complex functioning properly. This exercise will help strengthen muscles involved in stabilizing the shoulder blades and prevent injury.
<b>Side Plank with Rotation</b>	Start in a side plank with top arm straight up towards the ceiling. While keeping abs pulled tight, rotate top arm down and under like you are attempting to reach behind your back at the level of your hip. Pause and return to start position. Complete 3x10.		Planks work on core stability – all muscles from the shoulder blades down to the hips. Shooting, passing, and body contact power is generated from the core and dispersed outwards. This helps build a solid foundation.
<b>Miniband Walks</b>	Draw abdominals up and in. Keep yourself low in a squat position while stepping in a lateral direction. Initial band placement should be around the knees, with progression to around the ankles. Try to keep tension on the band. Don't lean to the side as you move. Repeat 20 steps x 3.		This exercise works on hip strength which is very important for the athlete during running, cutting, jumping, shooting, and body contact. This exercise will help decrease lower body injuries and improve dynamic stability.
<b>Squats</b>	Slowly lower yourself down into a squat position as if you are attempting to sit in a chair. Pull the band apart as you squat down while attempting to squeeze your glutes together. Make sure you stick your butt out backwards but keep chest upright. Make sure knees stay in line with your feet. Do not let knees move inwards towards each other and do not let knees go forward past your toes. Repeat 2-3 sets of 10.		It's essential for any athlete to have correct squatting form. Squats strengthen the hip and core, practices eccentric (lowering down) control, and are the basis for jumping and running. Adding a mini-band around the knees will help the athlete correct flawed mechanics.

<p><b>Squat Jumps (with mini-band)</b></p>	<p>Position yourself in a squat like you are sitting back in a chair. Use arms to gain momentum and jump up. Land on the balls of your feet and sit back into a squat position. Make sure to land softly. Make sure knees don't collapse in towards each other on the takeoff or landing. If you struggle with knee control, place a mini-band or belt around your knees. Pull outward against the band during the entire jump. Repeat 20-30 times.</p>		<p>Squat jumps are a progression to squats. Besides working on strength and power, squat jumps help the athlete gain neuromuscular control during plyometric activities. This will significantly decrease her risk for injuries, particularly at the hip, knee, and ankle.</p>
<p><b>Forward Broad Jump</b></p>	<p>Squat down and jump forward as far as you can. Land softly and repeat; totaling 5 jumps forward. Complete 2 times with 30 second rests between sets. Add a mini-band around your knees to improve your control.</p>		<p>Broad jumps are a plyometric activity aimed at improving power and speed. Focus on form over distance at first to improve your knee control and decrease your chance of injury.</p>
<p><b>"T" Hold / Windmill</b></p>	<p>Balance on one leg. Lift your opposite leg up to hip height and flex your knee and ankle. Hold this position for 25 seconds. Complete twice on each leg.</p> <p><i>Progression:</i> Hold the "T" position and rotate your trunk to each side. 2x10 turns.</p>		<p>The purpose of this exercise is to work on single leg balance in a functional position. All athletes need to have adequate stability on one leg. We run standing on one leg and shooting, cutting, and pivoting are the transfer of weight from one leg to another. This will also develop hip strength which is important in preventing injuries to the knees and ankles.</p>
<p><b>Diagonal Bounding: Quick, Hold</b></p>	<p>Stand on right leg, jump forward and diagonal to the left, land on left leg and quickly push off to jump forward and diagonal to the right landing on right leg, and hold the landing for a few seconds. Reset. Perform again, continuing for 20 yards. Rest for 30 seconds then complete again.</p>		<p>Diagonal jumps are a plyometric activity aimed at improving power and lower body control. Focus on form over distance at first to improve your knee control and decrease your chance of injury. Make sure to follow the directions.</p>

