

# LOWER EXTREMITY INJURY PREVENTION PROGRAM

## PHASE 1

### Exercises

#### 1. Calf Stretch

30 sec. each leg



### Description

Push up position. Bring feet forward until heels are on the ground. Keep one foot on the ground and cross the other foot on top of the stretched leg.

### Key Points

Keep heel on ground  
Toes straight ahead

#### 2. Adductor Stretch

30 sec. each leg



Feet shoulder width apart. Lean towards one side to feel a stretch in the inner thigh area.

Chest and hips facing forward  
Toes straight ahead  
Lean to feel stretch

#### 3. Hip Flexor Stretch

30 sec. each leg



Kneel on one leg with the other leg in front of the body and foot on the ground. Lean forward towards the front leg to feel stretch in back hip.

Toes straight ahead  
Hips straight ahead  
Lean back to feel stretch

#### 4. Hip Bridge

Lift:1 sec., hold:3 sec.,  
lower:2 sec. 10 times



Lay supine on the ground with knees bent and feet flat on the ground. Hands on hip and elbows on ground. Progress to arms across chest. Slowly lift hips off of the ground and hold.

Draw your belly button towards your spine while breathing  
Keep thighs, hips, and trunk in a straight line  
Toes straight ahead  
Knees over toes

#### 5. Double Leg Squat

2 sets of 10



Stand with feet shoulder width apart and squat down slowly as if you were sitting in a chair. Return to starting position.

Toes straight ahead  
Knees over your toes  
Sit back

#### 6. Knee to Chest

10 yards

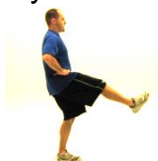


Step forward and balance on one leg, pull your other knee to the same shoulder, hold for 1 second

Toes straight ahead  
Keep knee slightly bent

#### 7. Straight Leg March

10 yards



Step forward and balance on one leg, raise your other leg straight ahead while keeping your knee straight.

Raise leg to lower height if needed to keep knee straight when lifting  
Toes straight ahead

**Good technique and form are most important**

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## 8. Side Shuffle

10 yards



### Description

Start with feet shoulder width apart and knees in a squatting position. Shuffle sideways 10 steps and repeat in the opposite direction.

### Key Points

Toes straight ahead  
Knees over toes  
Sit back  
Weight on your toes

## 9. Single Leg Balance Reach

3 times per leg



Hands on hips and balance on one leg with knee slightly bent. Reach with other leg to lightly touch toes to ground directly in front of you, to the side, and behind your body.

Keep knee slightly bent  
Keep trunk upright  
Toes straight ahead

## 10. Squat Jumps with Hold

2 sets of 5



Stand with feet shoulder width apart, squat down similar to sitting in a chair and touch heels with hands. Jump up from the squatted position and land back down softly with knees flexed. Hold position for 3 seconds.

Toes straight ahead  
Knees over toes  
Sit back  
Land as soft as possible.

## 11. Single Leg Hop to Balance

5 each leg



Hands on hips. Hop forward from one leg and land softly on opposite leg with trunk, hip, and knee flexed. Use similar technique as squat jumps. Hold this position for three seconds.

Land as soft as possible  
No sound  
Bend your knees, hips and trunk

## 12. Single Leg Balance with Eyes Closed

30 sec. each leg



Hands on hips. Balance on one leg with knee slightly bent. Stand as still as possible. Close your eyes to make harder.

Keep knee slightly bent  
Don't move  
Use entire foot for balance

**Always emphasize soft landings, knees over toes, & toes ahead**