

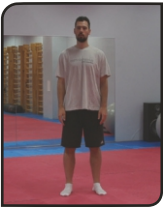
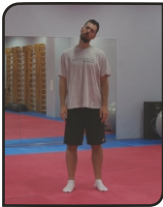
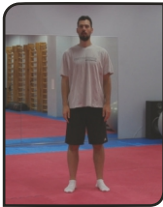
# INJURY-PREVENTION PROGRAM

## Part 1. Range of motion and bodyweight strength exercises. 10 min

### Neck

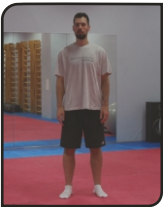
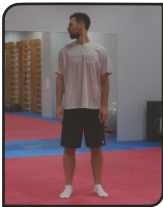
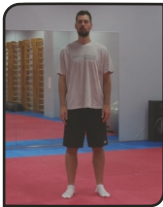
**- neck lateral flexion, 5x bilaterally**

Controlled, smooth movement within comfortable limits.



**- neck rotation, 5x bilaterally**

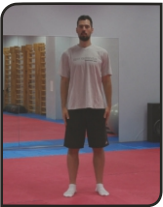
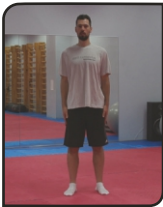
Controlled, smooth movement within comfortable limits.



### Shoulder

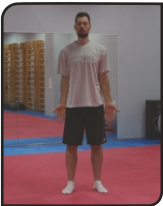
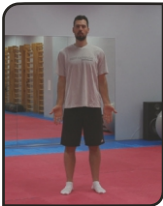
**- shoulder flexion-extension, 5x each**

Controlled, smooth movement within comfortable limits.  
During movement, palms facing each other.



**- shoulder abduction-adduction, 5x each**

Controlled, smooth movement within comfortable limits.  
During movement, palms facing forward.



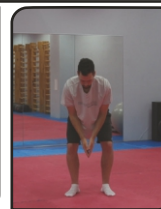
**- shoulder internal-external rotation, 5x each**

Controlled, smooth movement within comfortable limits.  
During rotation, 90 degree shoulder abduction and elbow flexion.



**- shoulder Y raise, 10x**

Controlled, smooth movement within comfortable limits.



**- push-up plus, 10x**

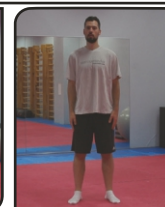
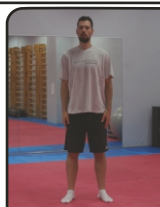
Controlled, smooth movement within comfortable limits.



## Trunk

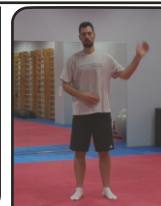
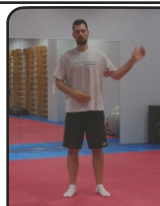
**- hip hinge squat-trunk extension, 5x**

Controlled, smooth movement within comfortable limits.  
While squatting, maintain slight extension in the lower back.



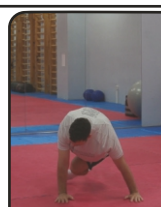
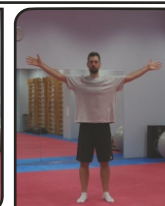
**- trunk lateral flexion, 5x bilaterally**

Controlled, smooth movement within comfortable limits.



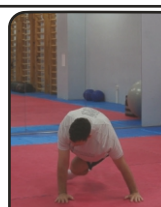
**- trunk rotation, 5x bilaterally**

Controlled, smooth movement within comfortable limits.



**- knee to opposite elbow, 5x each**

Controlled, smooth movement within comfortable limits.  
In the push-up start position, bring your knee, with trunk rotation and hip flexion, close to the opposite elbow.



**- prone bridge trunk rotation, 5x bilaterally**

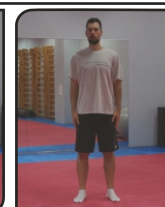
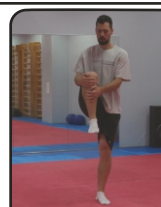
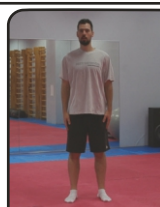
Controlled, smooth movement within comfortable limits.



## Hip/knee

**- hip and knee flexion, 5x bilaterally**

Controlled, smooth movement within comfortable limits.



**- knee flexion, 5x each**

Controlled, smooth movement within comfortable limits.



**- eccentric squat, 5x**

Slow descent into squat. Avoid dynamic knee valgus movement pattern. Maintain slight extension in the lower back.



**- split squat, 5x bilaterally**

Avoid dynamic knee valgus movement pattern.



**- single-leg deadlift, 5x bilaterally**

Avoid dynamic knee valgus movement pattern. Maintain slight extension in the lower back.



## Ankle

**- dynamic calf stretch, 5x bilaterally**

Controlled, smooth movement within comfortable limits.



**- bodyweight plantar flexion, 10x**

Controlled, smooth movement within comfortable limits.





## Part 2. Jogging. 5 min

You should choose a pace that would allow you to jog without intense ventilation.

## Part 3. Jumping, balance and running exercises with a change of direction. 5 min

### - two-leg jump and landing, 5x

Avoid dynamic knee movement pattern.



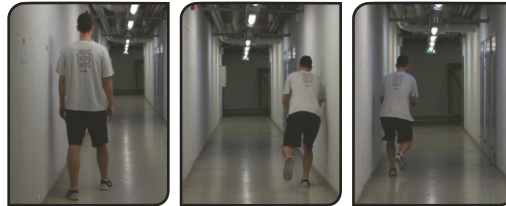
### - single-leg landing, 3x each

Low two-leg jump, landing on a single leg.  
Avoid dynamic knee movement pattern.



### - zig-zag balance run, 5x stopping on each leg

Zig-zag running pattern with movement stoppage and balancing on a single leg before a change of direction. Avoid dynamic knee valgus movement pattern.



### - forward-backward accelerations, 2x change of direction with each leg

Avoid dynamic knee valgus movement pattern.



### - side shuffle (start from right to left) + forward acceleration, 2x change of direction with each leg

Avoid dynamic knee valgus movement pattern.



### - side shuffle (start from left to right) + forward acceleration, 2x change of direction with each leg

Avoid dynamic knee valgus movement pattern.

