

### Greenville County Injury Prevention Program - Exercise Details

	Exercise	Reps/Distance	Start Position	Recipe	Form Keys	Coaching Tips
<b>Dynamic Warm Up</b>	Knee Hug	2 x 10 yds	Walking	Step forward and pull R knee toward L shoulder R hand on R knee and L hand on R shin Stretch will be felt on outside of R hip Step and repeat with L leg	Keep trunk upright Pull knee higher than hip	"Pull up and over" "Pull toward opposite shoulder"
	Heel to Glute	2 x 10 yds	Walking	Step forward and pull R heel toward R buttock Reach overhead with L hand at the same time Stretch will be felt on front of R hip and thigh Step and repeat with L leg	Keep trunk upright Avoid excessive side-to-side lean	"Keep your shoulders tall"
	Open the Gate	2 x 10 yds	Walking	Step forward and raise R knee to at least waist level Rotate R leg out to the R side (perpendicular) Lower leg, step and repeat with L leg	Keep hips square (facing forward) Raise knee to max height both in front	"Lift those knees up and out" "Keep your hips facing forward" "Keep your gut facing the fence"
	Close the Gate	2 x 10 yds	Walking	Step forward and raise R knee high to the outside (perpendicular) Rotate R leg to midline and stay above waist level Lower leg, step and repeat with L leg	Keep hips square (facing forward) Raise knee to max height both in front	"Like you are stepping over a box" "Don't let your body turn" "Keep your gut facing the fence"
	Inchworms	2 x 10 yds	Standing toe touch	Stand, lean forward and reach palms to ground Walk hands forward in small steps until body is parallel to ground Walk feet toward hands in small steps Walk feet as close as possible to hands Walk hands out again	Take small steps (3-4 inches) Keep feet in-line with shoulders (no wider) Keep knees as straight as possible	"Small steps!" "Narrow base!" "Walk your hands toward your feet"
<b>Functional Mobility and Stability</b>	Trunk Rotation	15 reps each side	Lie on side	Lie on L side and bend R knee 90 degrees Stabilize R knee to ground with L hand Place R hand on ground at shoulder level Raise R arm by rotating trunk as far as possible Repeat 15 reps lying on R side and rotate using L arm	Movement should be at shoulder,	"Rotate!" "Pinch that shoulder blade"
	Deep Squat	2 x 15 reps	Standing	Bring palms together and squat as deep as possible Use elbows to press against inside of knees and stretch Hold 15 seconds in deep squat and repeat	Keep butt low and heels flat on ground	"Sit back on your heels" "Butt low" "Keep those heels flat"
	Side Plank	30 sec each side	Side on forearm	Lie on R side, keep knees straight and feet together L hand placed on L hip Raise hips by propping on R forearm and feet Hold at parallel for at least 30 seconds Repeat on L side	Don't let hips drop below parallel Don't let top shoulder lean forward	"Hips up" "Shoulders back"
<b>Balance and Agility</b>	Target Reach	15 reps each side	Standing	Balance on R leg, place ball/helmet to the front outside of R foot Reach L arm high overhead then lean forward to tap ball/helmet Lean forward at hips and keep back and R knee close to straight	Keep back straight	"Keep your back straight" "Be a hip-bender, not a waist-bender"
	Controlled Line Hops	2 x 10 yds	Standing	Start on a slightly bent R leg Hop forward and to the L/across body (over a line if possible) Land softly on R leg, allowing hip and knee to bend Control landing, then hop forward and back across body to the R	Soft landing No excessive side-to-side knee motion	"Land soft. On the ball of your foot" "Let your hips and knees bend"
	Power Skip	2 x 10 yds	Standing	Skip approx 10 yds Reach as high as possible with R knee and L arm Emphasize jumping as high as possible with control	Maximum height Soft landing	"Drive that knee up" "We're going for height"

<http://steadmanhawkinscc.com/sports/injuryprevent/>



# High School Injury Prevention Program

Designed to be completed before practice and games in an effort to reduce injuries and improve performance.

Developed by Steadman Hawkins Sports Medicine, Proaxis Therapy, and Acceleration Sports Institute.

Full program available at [www.steadmanhawkinscc.com/orthopaedic-services](http://www.steadmanhawkinscc.com/orthopaedic-services). Reps can be increased as long as good form is maintained.

## Dynamic Warm Up



Knee Hug  
2 x 10 yds



Heel to Glute  
2 x 10 yds



Open the Gate  
2 x 10 yds



Close the Gate  
2 x 10 yds



Inch worm  
2 x 10 yds

## Functional



Trunk



Deep



Side Plank

## Balance and Agility



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