



Prevent Injury Enhance Performance Knee Injury Prevention Program



Warm Up

A. Jog (from near to far sideline)

Key Point: keep hip/knee/ankle in alignment.
Do not let knee cave in or feet whip out.

B. Shuttle Run (switch sides at half field)

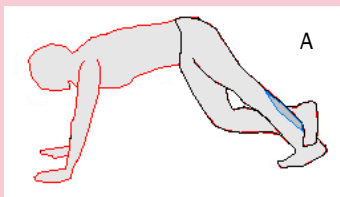
Key Point: when pushing off the back leg, make sure hip/knee/ankle are in alignment.

C. Backward Run (sideline to sideline)

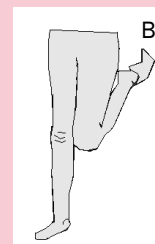
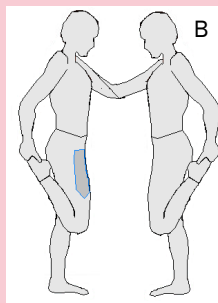
Key Point: land on toes, do not let the knee lock or the leg completely straighten.

Stretching (hold each stretch for 30 seconds, do NOT bounce while stretching)

A. Calf Stretch (30 seconds x 2 reps)



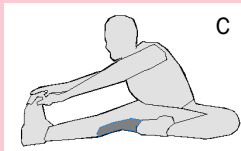
Key Point: Keep foot flat on ground.



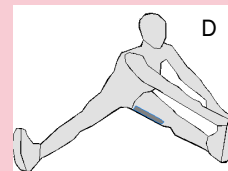
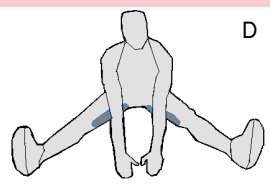
Key Point: Keep knees together, do not let them wing out.

B. Quadriceps Stretch (30 seconds x 2 reps)

C. Figure Four Hamstring Stretch (30 seconds x 2 reps)

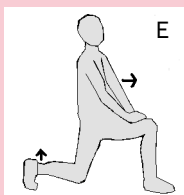


Key Point (C & D): Do not round your back. Do not pull your toes back toward your face



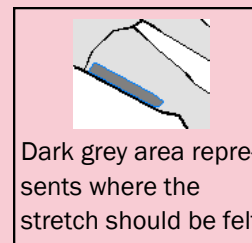
D. Inner Thigh Stretch (30 seconds x 2 reps)

E. Hip Flexor Stretch (30 seconds x 2 reps)



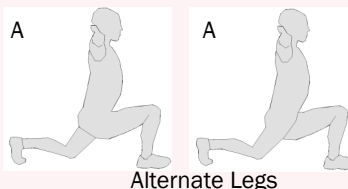
**! Make sure that knee does not extend past ankle !
You should always be able to see your toes!**

Key Point: Lean forward with hips, keep hips square with shoulders. If possible, grab left ankle with left hand and lift ankle towards body.



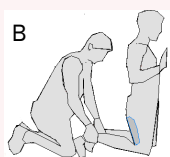
Strengthening

A. Walking Lunges (3 sets, 10 reps)



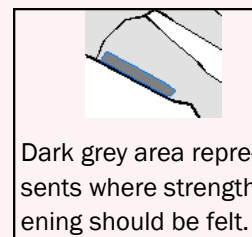
! Make sure that the knee does not extend past the ankle! You should always be able to see your toes!

B. Russian Hamstring (3 sets, 10 reps)



Key Point: Lean forward leading with the hips. Knee, hip, and shoulder should be in alignment. Do not bend at waist.

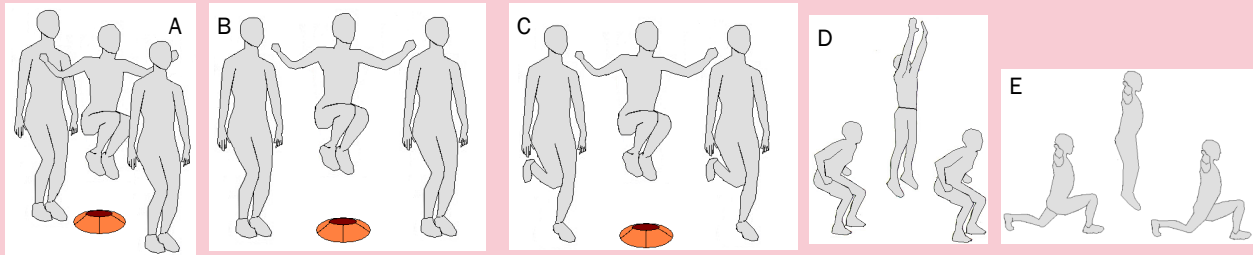
C. Single Toe Raises (2 sets, 30 reps)



Plyometrics

- A. Lateral Hops over Cone (20 reps)
- B. Forward/Backward Hops over Cone (20 reps)
- C. Single Leg Hops over Cone (20 reps)
- D. Vertical Jumps with Optional Headers (20 reps)
- E. Scissors Jump (20 reps)

Key Points: Technique is everything! Land on the ball of the foot with knees slightly bent. DO NOT let knees cave in or out. The knee should be aligned over the ankle on landing, and you should always be able to see your toes! Landing should be soft and controlled.



Agilities

- A. Shuttle Run with Forward/Backward Running

Key Point: Maintain alignment while running, do not let legs wing out to the sides



- B. Diagonal Runs (3 passes)

Key Point: Make sure that knee stays over ankle joint so that pivot knee does not cave in.

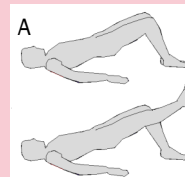


- C. Bounding Run (44 yards)

Key Point: Bring knees up high. Land on the ball of the foot with the knee slightly bent and the hip straight.

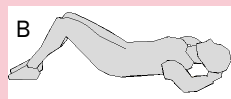
Alternative Exercises: Warm Down and Cool Down (at end of practice)

- A. Bridging with Alternating Hip Flexion (30 reps)



Key Point: Keep hips level, do not let them dip down.

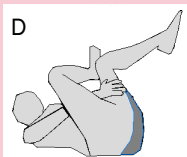
- B. Crunches (30 reps x 3 sets)



- C. Single and Double Knee to Chest (30 seconds x 2 reps)



- D. Figure Four Piriformis Stretch (30 seconds x 2 reps)



- E. Seated Butterfly Stretch (30 seconds x 2 reps)

