



IMG PHYSICAL THERAPY
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INJURY PREVENTION PROGRAM FOR FOOTBALL PLAYERS

- The following program is designed to help limit common injuries in football players. Common football injuries include muscle strains (pulled muscle), ligament sprains (Ankle/knee/wrist), and dislocations.
- **These exercises can not eliminate the chance of these injuries from happening in practice or games.** However, they can help strengthen areas of the body that are susceptible to those injuries.
- Soreness is expected, however extreme pain should not occur. If you experience sharp pain or increasing pain while completing these exercises stop doing them and contact a health professional.
- The following will include 5 pairs of exercises and one additional for 11 exercises total. If one exercise seems too easy or too hard revert to the other paired exercise.
- These exercises can be completed during the off season or pre season.
- Useful equipment- outside space, medicine ball, tape, light weights. Make sure proper attire is being worn.
- Although these are focused for football players, they can be utilized for any athlete that is in a sport that involves running, cutting, and jumping.
- It is better to know proper technique than to do the exercises with poor form. Contact us with any questions!

A warm up can be done before the exercises. This can be self directed based off of what you do at practice. If you would like a new warm up please follow the one below.

WARM UP 5-10 minutes

1. Light jog-2-3 mins
2. Back pedaling-10 yds X 2
3. Side shuffle-10 yds each way
4. Jumping jacks 30sec
5. Straight leg High kicks 1X10 each side
6. Up downs X10
7. Static stretches- touch your toes, butterfly, quad stretch



Bridges **2 sets, 15 reps**

Lie on your back with your knees bent and heels close to your bottom. Slowly push up through your heels and raise your hips up off the ground. Hold for one second and lower hips to ground. To make this exercise more challenging push up using one leg at a time while keeping the other leg straight.



Forward Lunge **2 sets, 10 reps**

Take a step forward and allow your front knee to bend. Allow slight bend in your back knee. Then, push off your forward leg and return to original position. Then perform on the other side. Repeat this alternating sides. Your toe and not pass the front of the foot.



Bounding **2 sets, 10-15yds**

Leap forward as far as you can and land on the opposite leg. Make sure you are stable when you land and leap forward and land on the opposite foot again. Do this as quick and high as possible without losing balance.



Lateral Lunge **2 sets, 10 reps**

Step to the side and bend your knee to a lunge position. As the knee bends lower your buttocks down towards the floor. Keep knees in line with toes. Return to original position and repeat on the same side.



Lateral Bounding **2 sets, 10 reps**

Standing on your left leg, jump to your right and land on your right leg. Try to take as big of a leap as you can as long as you can stick the landing. Repeat to other side.



Tape Jumps Each direction 2x30 seconds

Jump with both feet over the tape in a forward direction, then jump to the side, then back and then to the original position. After performing this a couple of times, reverse the direction and perform the other way. Both feet first, once you feel comfortable with both feet try single leg.

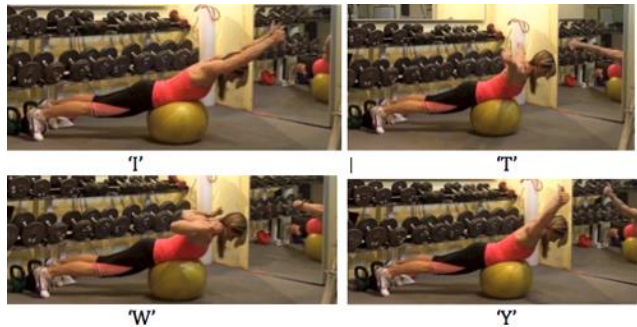


Planks 2 sets, 30 seconds

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time. You can go on your elbows as pictured or with straight arms with your palms against the ground.

Alternating Planks 1 set of 8 on each side

While lying face down, lift your body up on your elbows and toes. Next, lift up one arm and opposite leg. Return to original position and then perform with the other arm and leg. If this is too difficult, try alternating with only one limb at a time.



I's T's W's Y's 2 sets, 15 reps

Lay on a medicine ball or table on your stomach. With thumbs up, lift arms above Head in an "I" formation. After I's are complete you can follow it will "T's", "Y's", and "W's". Add weight to make more challenging.