

INJURY PREVENTION PROTOCOL

CO.RE 

WHO CAN USE THIS PROGRAM

This injury prevention program is designed to be used year round by all athletes. It is appropriate for competitors in individual and team sports. It can be used as a training session or as a warm up prior to competition (with fewer reps).

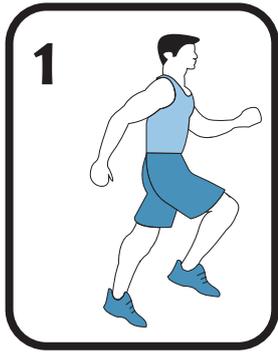
HOW OFTEN

Ideally the program should be undertaken 3 times a week.

It will take approximately 30 minutes to complete.

The only equipment required is 10 low cones or a bulk pack of 300ml water bottles to set up the field placement.

WARM UP



- Jog 800m

STRETCH

- Don't stretch a cold muscle, warm up first
- Stretch gradually and hold position for 10 seconds
- Do two or three reps of each stretch on each leg



2. Calf stretch

Facing forward with your hands on a tree, pole or on your front thigh, put the leg to be stretched behind you. The heels are flat on the ground and toes pointed straight forward. Press your hips forward until you feel the stretch in your calf.



3. Quadriceps stretch

Reach behind with your right hand to grasp the right ankle. Pull your heel to your buttock. Use your left hand to balance against a tree or pole if required. Keep the knee pointing towards the ground and next to your left knee. Face forward pushing the hips forward, do not bend at the hips or twist.



4. Hamstring stretch (figure four)

Sit on the ground with your right leg extended out in front of you. Bend the left knee and rest the foot on your right inner thigh. Keep your back straight and bend at the waist to bring your chest towards your knee. Reach towards your toes and hold.



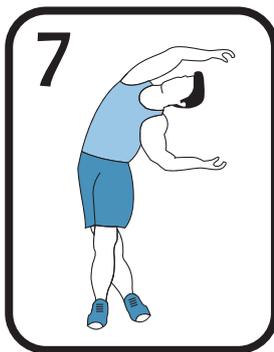
5. Hip adductor stretch (seated butterfly stretch)

Sit on the ground. Bring the soles of your feet together and slide them towards your body. Keep your back straight. Bending at the waist, lean forward until you feel the stretch in the inner thigh.



6. Hip flexor stretch

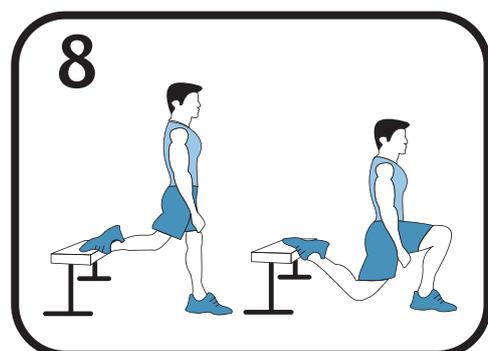
Take up a lunging position with your right leg forward and left knee on the ground. Put your hands on the top of your right thigh. Hips and shoulders remain square, facing forward. Push the hips forward and ensure that your body remains upright. Technique is critical here. If you lean forward at the waist, the stretch will be lost. You should feel the stretch through the front of the thigh and in the groin.



7. ITB stretch

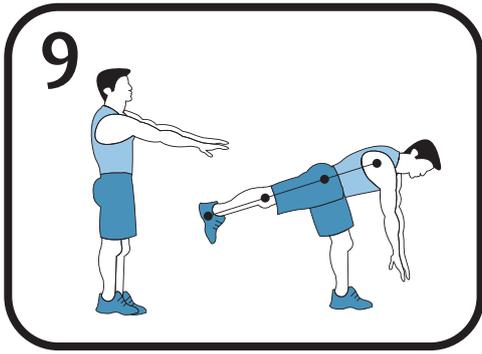
This exercise can be done standing or in a doorway if you find it difficult to balance. The leg to be stretched goes behind the good leg. Both feet are facing forward. Bend sideways as far as possible to feel the stretch on the outer thigh and running all the way down to the knee. Stretch and hold for ten seconds. Repeat 3 times.

STRENGTHEN



8. Bulgarian Split Squats

Stand in front of a box or chair. Place rear leg on chair. Bend front knee over toes. Rear knee lowers as close as possible to floor. Pause and come back up. Repeat ten reps. Do 2 to 3 sets each leg.



9. Romanian deadlift

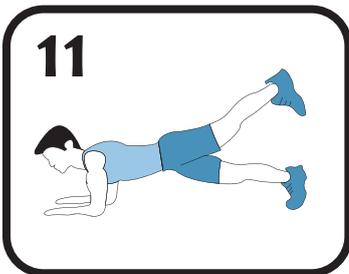
This is one of my all time favourite exercises for rehab. It builds strength in hamstrings and gluteals, at the same time promoting balance and core stability.

Stand on one leg, hinge at the waist. Both arms go forward, back and rear leg remains aligned. Hold for five seconds then stand and change to other leg. Ten reps. Do 2 to 3 sets each leg.



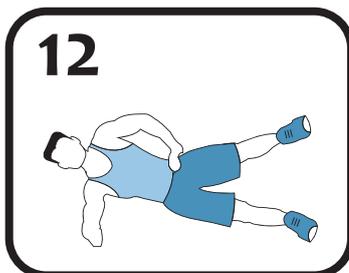
10. Single leg heel raise on a step

Stand on one leg on a step with your hand on the wall for balance. Rise up on the ball of your foot as high as you can. Pause and then slowly lower the heel to come down below the level of the step. Repeat until the calf fatigues.



11. Bench with leg raise

Lying on your front, support your weight on your forearms and toes. Your body forms a straight line from head to foot. Lift one leg off the ground. Hold for 30 seconds. Alternate legs. Do 2 reps each leg.



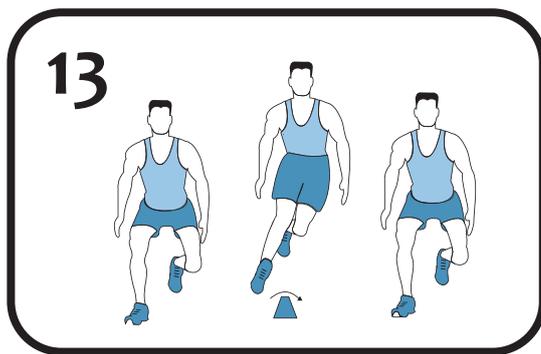
12. Side plank with leg raise

Lay on your side with both legs straight. Support your weight on the outer side of your foot and your forearm. Lift upper leg 30cms. Hold for 30 seconds. Alternate legs. Do 2 reps each leg.

PLYOMETRICS

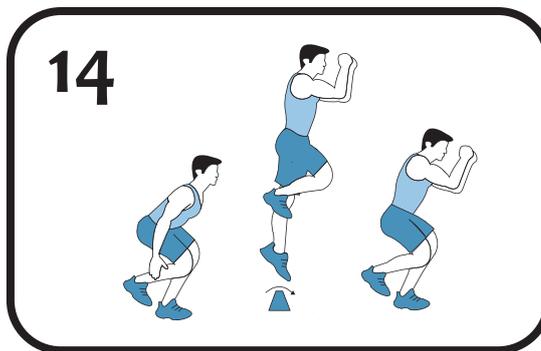
Plyometrics are explosive compound exercises that improve speed, agility and reaction time while building strength. They use body weight only and maximum force. For that reason they are usually done with low reps. They are a cardio exercise and also promote weight loss.

The key to plyometrics is the **landing**. Jump with bent knees and land softly with bent knees. The weight comes down on the balls of your feet and gradually rolls back onto the heel. Think ninja!



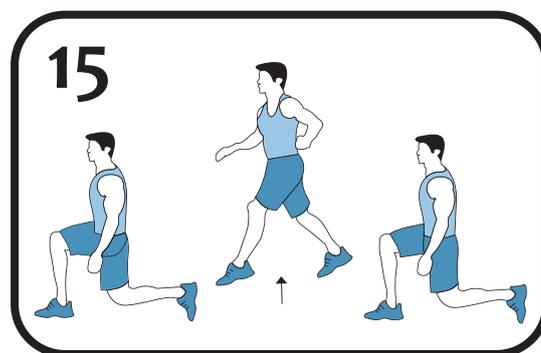
13. Side hops

Use a small cone or water bottle. Hop left over the cone landing softly with bent knees. Hop back to the right. Do 10 reps each leg, 2 sets.



14. Forward backward hops

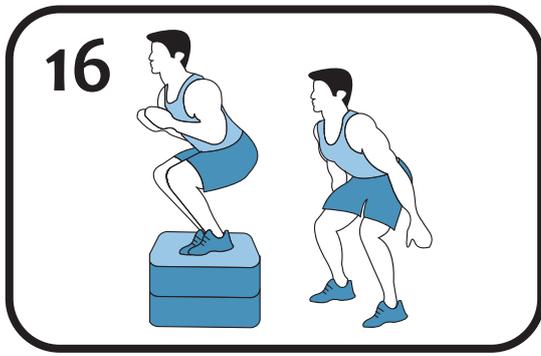
With both feet together, bend at the knees and hop forward over a low cone. Land on bent knees gently. Hop backwards over the cone to complete the exercise. Do 10 reps each leg, 2 sets.



15. Scissor jumps

Assume a lunge position with your forward knee over the ankle and rear knee touching the ground. Push off into a vertical jump switching leg position in the air. Land in the lunge position now with the opposite leg forward. Repeat to return to the start position. Do 10 reps, 2 sets.

Progression: Increase reps.



16. Box jumps

Ideally done with a box or park bench. Stand with feet together and bend at the knees. Swing the arms forwards as you jump. Again the landing is critical. Ensure that you land on both feet taking the weight on the balls of your feet with the knees slightly bent and roll back on the heels. Step down. Do 10 reps, 2 sets.

If no box or bench is available, do a vertical jump with a similar technique.

Progression: higher box.

RUNNING

The objectives here are to focus on running technique and improve dynamic stability to reduce the risk of injury.

Set up ten cones or small water bottles as per the attached field diagram. The sides of the square should be approximately 40m long (40 large steps). Cones are placed at the corners of the square and at the mid points of each side. Two additional cones are placed outside the square for the diagonal running drill.

1. Forward backward running

On the first side of the square, run to the mid point forwards and then run backward to the start. Run forward to the far corner then backward to mid cone, then forward to complete that side of the square.

2. Diagonal running

Run around the cones being sure to pivot off the outside leg. Keep the outside leg bent and do not let it collapse inwards.

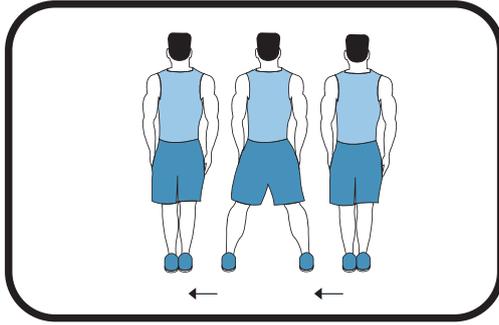
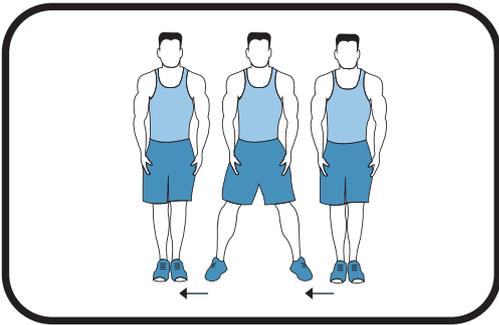
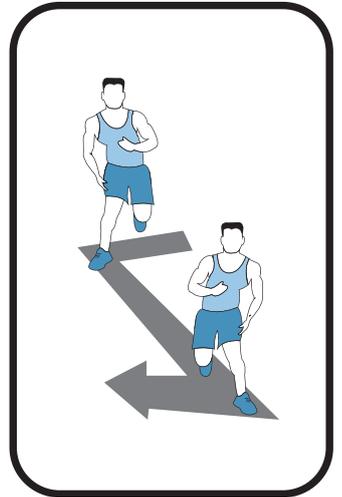
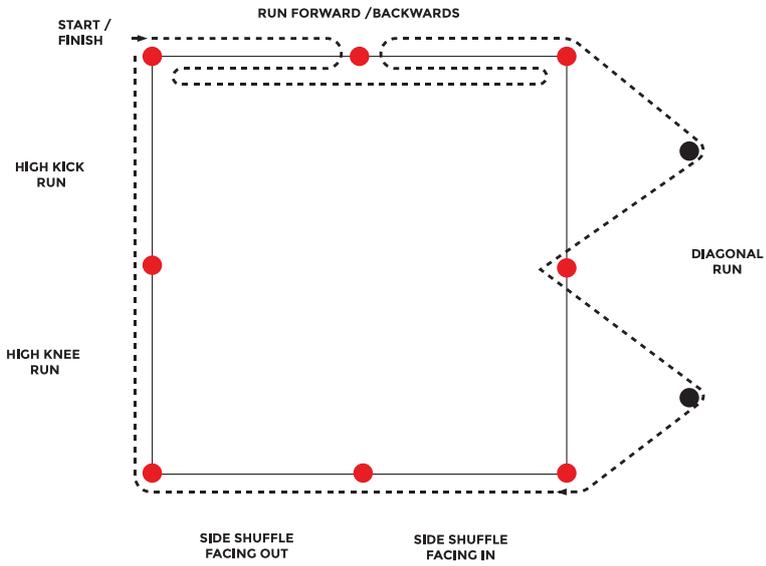
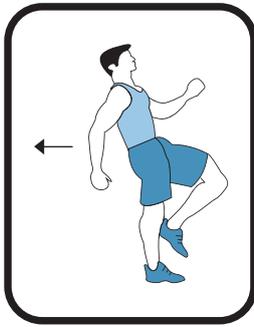
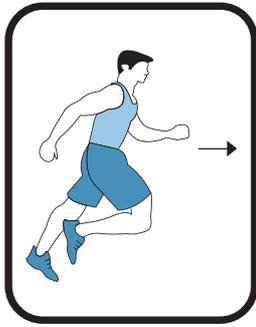
3. Side shuttles

Run the first 20m facing outwards and the second 20m facing inwards. Keep a slight bend in the knee. Legs do not cross over.

4. High knee run and high kick run

These are excellent running technique drills which increase hip flexion and extension strength and promote acceleration.

Run the full circuit 3 to 6 times as time and fitness permits.



WARM DOWN

Jog 800m.