

JOHNSON & HAYES INJURY PREVENTION EXERCISES FOR WOMEN'S BASKETBALL

FLEXIBILITY

| DYSFUNCTION | EXERCISE | SETS | REPS | DESCRIPTION | VIDEO LINK |
|-------------|------------------------------|------|--------------|--|-----------------------------|
| 1 | CALF STRETCH | 3 | 30s HOLDS | SITTING ON THE GROUND WRAP A STRAP AROUND YOUR TOES. KEEP YOUR KNEES STRAIGHT AND PULL THE STRAP TO PULL YOUR TOES TOWARDS YOU. | WATCH VIDEO |
| 1 | SOLEUS STRETCH | 3 | 30s HOLDS | SITTING ON THE GROUND WRAP A STRAP AROUND YOUR TOES. KEEP YOUR KNEES BENT AND PULL THE STRAP TO PULL YOUR TOES TOWARDS YOU. | WATCH VIDEO |
| 2 | SINGLE KNEE TO CHEST STRETCH | 3 | 30s HOLDS | LYING ON YOUR BACK GRAB BEHIND ONE LEG AND PULL TOWARDS YOUR CHEST LETTING YOUR KNEE DROP SLIGHTY OFF THE SIDE. | WATCH VIDEO |
| 2 | PIRIFORMIS STRETCH | 3 | 30s HOLDS | LYING ON YOUR BACK GRAB BEHIND ONE KNEE AND PULL THAT KNEE ACROSS YOUR CHEST TO THE OPPOSITE SHOULDER. | WATCH VIDEO |
| 3 | OL STRETCH | 3 | 30s HOLDS | SITTING INDIAN STYLE, KEEP YOUR BACK UP STRAIGHT AND RAISE ONE ARM OVERHEAD. NEXT LEAN YOUR TRUNK TO THE SIDE. YOU SHOULD FEEL A STRETCH ON THE OUTSIDE OF YOUR TRUNK. | WATCH VIDEO |
| 3 | STANDING ITB STRETCH | 3 | 30s HOLD | WHILE STANDING CROSS ONE LEG OVER THE OTHER AND THEN LEAN AWAY FROM THE LEG YOU CROSSED AS SEEN IN THE VIDEO. PERFORM ON BOTH SIDES. | WATCH VIDEO |

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| 4 | FIGURE 4 STRETCH | 3 | 30S HOLD | LYING ON YOUR BACK GRAB BEHIND ONE KNEE AND LOWER LEG. PULL THAT ANKLE UP TOWARDS YOUR CHEST WHILE PULLING YOUR KNEE STRAIGHT TOWARDS YOUR CHEST. | WATCH VIDEO |
| 4 | TFL/HIP ABDUCTOR | 2 | 1MIN | LYING ON A FOAM ROLLER ON YOUR SIDE. ROLL UP AND DOWN THE OUTSIDE OF YOUR THIGH KEEPING PRESSURE ON THE FOAM ROLLER THE ENTIRE TIME. | WATCH VIDEO |
| 5 | EVERTOR / INVERTOR FOAM ROLLING | 1 | 1MIN EACH | USING A SOCCER BALL, PLACE THE SOCCER BALL ON THE OUTSIDE OF YOUR LOWER LEG. PRESS FIRMLY INTO THE SOCCER BALL AND ROLL THE BALL UP AND DOWN THE MUSCLE ON THE OUTSIDE AND INSIDE OF YOUR LOWER LEG AS SHOWN IN THE VIDEO. | WATCH VIDEO |
| 6 | PRAYER STRETCH | 1 | 10X 5S | KNEELING ON HANDS AND KNEES. LET YOUR HIPS SINK BACK TO YOUR FEET. STRETCH YOUR ARMS OUT AS FAR IN FRONT OF YOU AS YOU CAN. | WATCH VIDEO |
| 6 | OPEN BOOK ROTATION | 10 | 5S HOLD | LYING ON ONE SIDE REACH YOUR ARMS OUT IN FRONT OF YOU. KEEP YOUR LOWER ARM ON THE GROUND WHILE ROTATING YOUR TRUNK AND YOUR TOP ARM BACKWARDS TRYING TO TOUCH YOUR OPPOSITE SHOULDER BLADE TO THE GROUND. | WATCH VIDEO |
| 6 | KNEELING OPEN BOOK ROTATION | 10 | 5S HOLD | KNEELING NEXT TO A WALL REACH BOTH HANDS OUT IN FRONT YOU PARALLEL TO THE WALL. KEEP YOUR ARM THAT IS CLOSEST TO THE WALL WHILE ROTATING YOUR TRUNK AND OPPOSITE ARM TOWARDS THE WALL BEHIND YOU. | WATCH VIDEO |
| 7 | LAT STRETCH | 3 | 30S | KNEELING ON THE GROUND. PLACE YOUR ELBOWS ON A BLEACHER OR A CHAIR. BEND YOUR ELBOWS SO YOUR HANDS COME TOWARDS YOUR HEAD. NEXT LEAN YOUR BODY FORWARD UNTIL YOU FEEL A STRETCH IN YOUR SHOULDERS OR BACK. | WATCH VIDEO |
| 7 | POSTERIOR CAPSULE STRETCH | 3 | 30S HOLD | LYING ON YOUR BACK PLACE YOUR THROWING ARM STRAIGHT IN FRONT OF YOU AND GRAB BEHIND YOUR THROWING ELBOW AND PULL THE ARM DIRECTLY ACROSS YOUR CHEST. | WATCH VIDEO |
| 8 | HAMSTRING STRETCH | 3 | 30S HOLD | SITTING ON THE GROUND WITH BOTH FEET OUT IN FRONT. KEEP YOUR BACK STRAIGHT AND REACH TOWARDS YOUR TOES. | WATCH VIDEO |