

JOHNSON & HAYES INJURY PREVENTION EXERCISES FOR WOMEN'S BASKETBALL

STRENGTHENING EXERCISES

DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
1	SEATED HIP FLEXION	3	10	TIE A THERABAND AROUND YOUR FOOT AND ATTACH IT TO A CHAIR. FLEX YOUR HIP UP TOWARDS YOU AND LOWER BACK DOWN TO THE GROUND.	WATCH VIDEO
1	LAQ	3	10	SITTING IN A CHAIR WITH A TOWEL UNDERNEATH YOUR THIGH STRAIGHTEN YOUR KNEE AND KICK YOUR FOOT INTO THE AIR. SQUEEZE YOUR QUAD AS MUCH AS YOU CAN WHEN YOU FULLY STRAIGHTEN YOUR KNEE.	WATCH VIDEO
1	GLUTE BRIDGE	2	10	LYING ON YOUR BACK GRAB BEHIND ONE LEG AND PULL TOWARDS YOUR CHEST LETTING YOUR KNEE DROP SLIGHTY OFF THE SIDE.	WATCH VIDEO
2	LATERAL BAND WALKS	2	20 STEPS	TIE THERABAND AROUND YOUR ANKLES. WHILE STANDING KEEP YOUR LEGS STRAIGHT AND TAKE A STEP TO THE SIDE.	WATCH VIDEO
2	SIDELYING HIP ABDUCTION W/ BAND	3	10	TIE THERABAND AROUND YOUR KNEES AND LIE ON YOUR SIDE. LIFT YOUR TOP LEG INTO THE AIR KEEPING YOUR ANKLE, HIP, AND KEE IN A STRAIGHT LINE.	WATCH VIDEO
3	SIDELYING HIP ADDUCTION	3	10	LIE ON YOUR SIDE WITH YOUR TOP LEG BEND OVER THE BOTTOM LEG. LIFT YOUR BOTTOM LEG INTO THE AIR.	WATCH VIDEO

STRENGTHENING EXERCISES

DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
3	STANDING HIP ADDUCTION W/ BAND	3	10	STANDING WITH A THERA-BAND TIED AROUND YOUR ANKLE AND YOUR WORKING LEG OUT SLIGHTY TO THE SIDE. PULL YOUR WORKING LEG IN TOWARDS YOUR STANCE LEG AGAINST THE RESISTANCE OF THE BAND.	WATCH VIDEO
4	ANKLE 4 WAY	3	10 EACH	FOLLOW VIDEO INSTRUCTIONS	WATCH VIDEO
5	FORWARD PLANK	3	30s	START IN A PLANKING POSITION EITHER ON YOUR TOES OR KNEES IF YOU ARE UNABLE TO HOLD CORRECT POSTURE WHEN ON YOUR TOES. HOLD STILL IN A PLANK POSITION FOR 30S..	WATCH VIDEO
5	SIDE PLANK	3	30s	START LYING ON YOUR SIDE WITH YOUR ELBOW AND SAME KNEE DOWN ON THE GROUND. LIFT YOUR HIPS UP INTO THE AIR USING YOUR ELBOW AND KNEE AND HOLD THAT POSITION.	WATCH VIDEO
6	PRONE HIP ROTATION	3	10	TIE THERABAND AROUND YOUR ANKLES. WHILE LYING ON YOUR STOMACH KEEP YOUR KNEES TOGETHER AND PULL ONE ANKLE ACROSS THE OPPOSITE LEG.	WATCH VIDEO
6	SEATED HIP ROTATION	3	10	TIE THERABAND AROUND YOUR ANKLES. WHILE SITTING ROTATE YOUR LEG TILL THE ANKLE CROSSES THE OTHER ANKLE.	WATCH VIDEO
6	PRONE HIP ROTATION	3	10	TIE THERABAND AROUND YOUR ANKLES. WHILE LYING ON YOUR STOMACH KEEP YOUR KNEES TOGETHER AND PULL YOUR ANKLES AWAY FROM EACH OTHER.	WATCH VIDEO
6	SEATED HIP ROTATION	3	10	TIE THERABAND AROUND YOUR ANKLES. WHILE SITTING ROTATE YOUR ANKLES AWAY FROM EACH OTHER.	WATCH VIDEO

STRENGTHENING EXERCISES

DYSFUNCTION	EXERCISE	SETS	REPS	DESCRIPTION	VIDEO LINK
7	BOX JUMPS	4	5	STANDING ON THE GROUND SQUAT DOWN UNTIL YOUR KNEES BEND 90 DEGREES. NEXT EXPLODE UP INTO A JUMP AND LAND WITH TWO FEET ON A BOX OR ON THE FIRST ROW OF BLEACHERS.	WATCH VIDEO
8	SL BRIDGE	2	10	LYING ON YOUR BACK. LIFT ONE LEG UP INTO THE AIR AND THEN LIFT YOUR HIPS INTO THE AIR KEEPING ONE LEG IN THE AIR AT ALL TIMES. REPEAT ON BOTH SIDES.	WATCH VIDEO
8	PRONE HIP EXTENSION W/BAND	2	10	LYING ON YOUR STOMACH WITH A BAND TIED AROUND EACH ANKLE. KEEP ONE LEG STRAIGHT AND LIFT THAT LEG INTO THE AIR LEAVING THE OTHER LEG ON THE GROUND. REPEAT ON BOTH SIDES.	WATCH VIDEO
9	TRI-HEEL RAISE OFF STEP	3	30s	TANDING OFF OF A STEP PERFORM A HEEL RAISE IN THREE DIFFERENT POSITIONS. 1ST: TOES POINTED FORWARD. 2ND: TOES POINTED OUTWARDS. 3RD: TOES POINTED INWARD.	WATCH VIDEO
10	STANDING W	2	10	STANDING WITH THERABAND WRAPPED AROUND SOMETHING AND HOLDING ON TO EACH END WITH YOUR HANDS. KEEP YOUR ELBOWS BENT AND BRING YOUR ARMS UP INTO A W (FIELD GOAL) POSITION.	WATCH VIDEO
10	STANDING T	2	10	STANDING WITH THERABAND WRAPPED AROUND SOMETHING AND HOLDING ON TO EACH END WITH YOUR HANDS. KEEP YOUR ELBOWS STRAIGHT AND PULL DIRECTLY OUT TO THE SIDE ENDING WITH YOUR ARMS IN A T POSITION.	WATCH VIDEO
10	STANDING Y	2	10	STANDING WITH THERABAND WRAPPED AROUND SOMETHING AND HOLDING ON TO EACH END WITH YOUR HANDS. KEEP YOUR ELBOWS STRAIGHT AND RAISE YOUR ARMS UP INTO THE AIR OVERHEAD ENDING IN A Y POSITION.	WATCH VIDEO