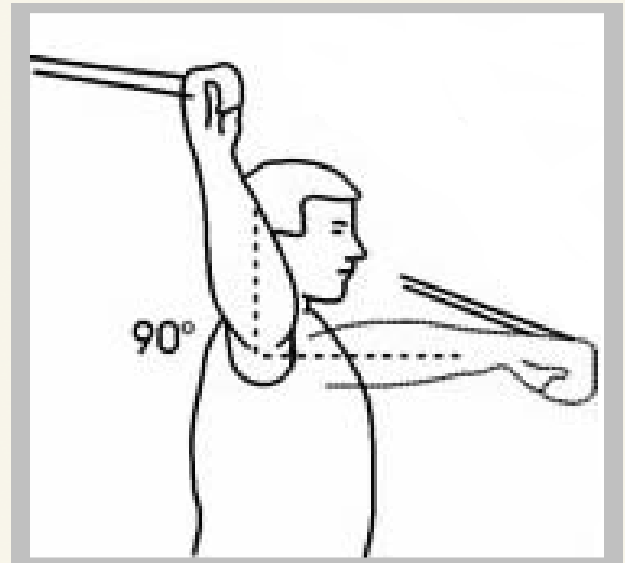


HOCKEY INJURY PREVENTION

STRENGTH AND CONDITIONING EXERCISES

COMMON HOCKEY INJURIES

- **Concussion:** Wear a helmet and play “heads up hockey”
- **Shoulder Dislocation:** Strengthen Rotator Cuff Muscles
- **Elbow Bursitis:** Wear Elbow Pads
- **Wrist Fractures:** Brace Self with Forearms
- **Low Back Sprain:** Strengthen Hip Flexors, Back, and Abdominal Muscles
- **Groin Strain:** Strengthen and Stretch Hip Muscles
- **Hip Flexor Strain:** Strengthen and Stretch Hip Muscles
- **Hip Bursitis:** Wear Hockey Pants
- **MCL Sprain:** Strengthen Knee Muscles



STRENGTH AND CONDITIONING EXERCISES

Standing Row:

Muscles Worked: Middle and lower trapezius

Equipment: Elastic band of comfortable resistance

Duration: 3 sets of 8-12 reps per arm

1. Make a three foot loop with the elastic band and attach it to a door knob or other stable object.
2. Stand holding the band with your elbow bent at 90 degrees and at your side.
3. Keep your arm close to your side and slowly pull elbow straight back.
4. Slowly return to the starting position and repeat.
5. Switch arms and repeat.

Overhead External Rotation of Shoulder:

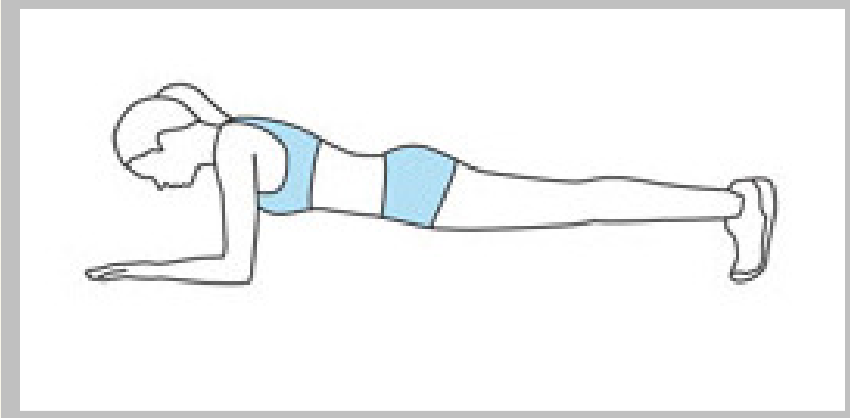
(see picture above)

Muscles Worked: Infraspinatus and teres minor

Equipment: Elastic band of comfortable resistance

Duration: 3 sets of 8-12 reps per arm

1. Make a three foot loop with the elastic band and attach it to a door knob or other stable object.
2. Stand holding the band with your elbow bent at 90 degrees and raised away from the body at shoulder height
3. Keeping your shoulder and elbow level, raise hand until it is in line with your head.
4. Slowly return to the starting position and repeat.
5. Switch arms and repeat.



Plank: (see picture above)

Muscles Worked: Abdominal muscles

Equipment: None

Duration: 3 sets of 1 plank

1. Hold the elbows directly under the shoulders and place the wrists in line with the elbows.
2. Push your body up in a straight line on your toes.
3. In this position, brace your abdominals by contracting them while continuing to breathe.
4. Hold the plank at least 20 to 30 seconds.
5. Slowly lower body back to the ground and repeat.

Plank with Hip Flexion/Extension:

Muscles Worked: Hip Flexor

Equipment: None

Duration: 3 sets of 8-12 reps (alternating legs)

1. Start in standard push up position with elbows extended.
2. Raise the right leg and bring forward to the outside of the right elbow.
3. Slowly return to the starting position and repeat with opposite leg.

Leg Raises:

Muscles Worked: Abdominal muscles

Equipment: None

Duration: 3 sets of 15-20 repetitions

1. Lie on your with hands supporting spine.
2. Raise your legs straight up to about 45°.
3. Slowly lower legs to an inch above ground and repeat.

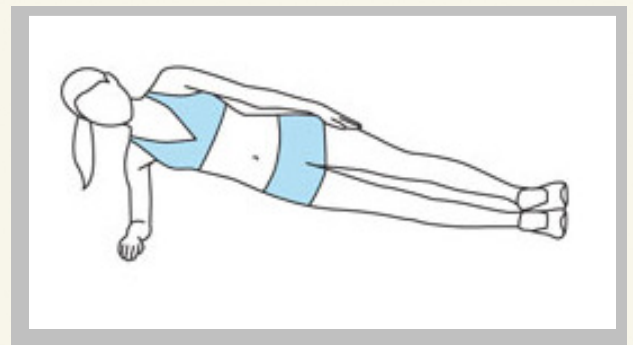
Side Plank with Hip Flexion: (see picture below)

Muscles Worked: Abdominal muscles and Hip Flexors

Equipment: None

Duration: 3 sets of 1 plank per side

1. Lie on your side with elbow directly under the shoulder.
2. Push your body up in a straight line so you are resting on one forearm and foot.
3. While holding this position, lift your top leg and kick it forward and then back five times.
4. Slowly lower body to the ground and repeat while alternating sides.



Hip Abduction: (see picture to the right)

Muscles Worked: Abductors and gluteus

Equipment: None

Duration: 3 sets of 20 repetitions per leg

1. Lie on your side with one leg on top and the bottom leg bent for support.
2. Straighten your top leg and raise it 45°, keeping your knee straight but not locked.
3. Hold this position for 5 seconds.
4. Slowly lower leg and relax for 2 seconds, then repeat.

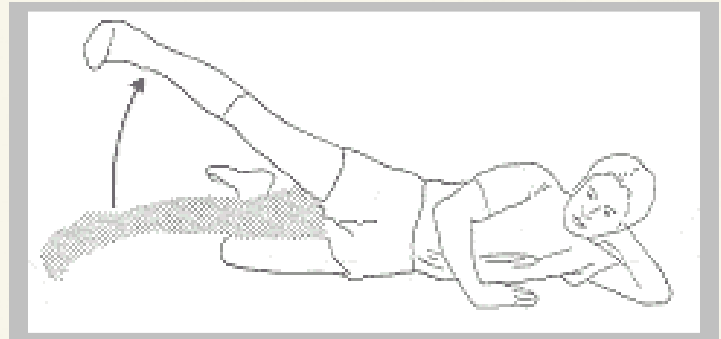
Lunges:

Muscles Worked: Hips, Glutes, Hamstrings, Quadriceps

Equipment: None

Duration: 3 sets of 8-12 reps (alternating legs)

1. Stand with one foot forward and opposite foot back about 3 feet.
2. Bend your knees to lower your body towards the floor. Keep front knee behind toes and be sure to lower body instead of going forward.
3. Slowly bring body back up to starting position and then repeat with opposite leg.



Wall Squats:

Muscles Worked: Quadriceps

Equipment: None

Duration: 3 sets of 1 wall squat

1. Stand with your head, back, and hips against a wall.
2. Step your feet out about 2 feet from the wall, hip width apart.
3. Slowly slide down the wall until you are almost in a sitting position.
4. Hold for 5 to 10 seconds, then slowly slide up.

Leg Presses: (see picture to the left)

Muscles Worked: Quadriceps and Hamstrings

Equipment: Elastic band of comfortable resistance

Duration: 3 sets of 8-12 reps per leg

1. Place the center of the elastic band at the arch of your foot and hold ends in each hand. Lie on floor with elbows bent and at your sides.
2. Bring your knee with exercise band to your chest.
3. Flex your foot and slowly extend leg directly in front of you, pushing against the elastic band.
4. Hold this position for 2 second, relax and slowly bring back up and repeat.

