







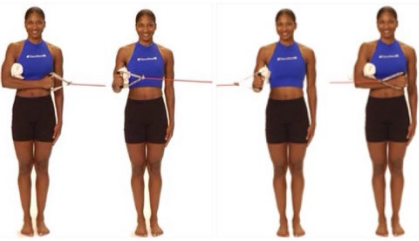


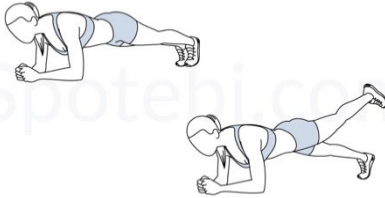

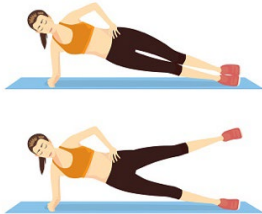
Lacrosse Injury Prevention Exercise Program

Warm-Up (10-15 minutes)

1. *Dynamic Stretching:*
 - a. Leg Swings: 10 reps each leg (front-back and side-to-side)
 - b. High Knees: 30 seconds
 - c. Butt Kicks: 30 seconds
2. *Movement Prep:*
 - a. Lateral Shuffles: 3 sets of 20 yards
 - b. Carioca Drill: 3 sets of 20 yards
 - c. Skipping with Arm Swings: 3 sets of 20 yards

Neuromuscular and Proprioceptive Training (20-30 minutes)

<p>1. Single-Leg Squats: <i>Parameters:</i> 3 sets of 10 repetitions each leg <i>Instructions:</i> Stand on one leg, with the other slightly off the ground. Slowly squat down by bending the standing knee, keeping the knee aligned with the foot. Lower down as far as you can while maintaining balance and control, then push back up.</p>	
<p>2. Lateral Band Walks <i>Parameters:</i> 3 sets of 15 yards each direction <i>Instructions:</i> Place a resistance band around your thighs or just above your knees. With your knees slightly bent, take small lateral steps, keeping tension on the band the entire time.</p>	
<p>3. Hamstring Curls w/ Stability Ball <i>Parameters:</i> 3 sets of 15 repetitions <i>Instructions:</i> Lie on your back with heels on a stability ball. Lift your hips off the floor, keeping your body in a straight line. Curl the ball toward your glutes by bending your knees, then slowly extend your legs back out.</p>	
<p>4. Posterior Tibialis Strengthening w/ Theraband <i>Parameters:</i> 3 sets of 15 repetitions <i>Instructions:</i> Sit with your legs extended. Wrap a resistance band around the ball of your foot. Keeping your leg stationary, point your toes inward and then back to neutral, focusing on the inside muscles of your lower leg.</p>	
<p>5. Single-Leg Deadlifts <i>Parameters:</i> 3 sets of 10 repetitions each leg <i>Instructions:</i> Stand on one leg. Hinge at the hips and extend your free leg behind you while reaching your arms forward or toward the floor. Keep your back flat and shoulders pulled back. Return to standing by driving through the heel of the standing leg.</p>	

<p>6. Scapular Push-Ups <i>Parameters:</i> 2 sets of 10 repetitions <i>Instructions:</i> Begin in a plank position. Without bending your elbows, lower your chest towards the floor by squeezing your shoulder blades together. Push back up by spreading your shoulder blades apart.</p>	
<p>7. Internal & External Rotation w/ Resistance Band <i>Parameters:</i> 3 sets of 15 repetitions <i>Instructions:</i> Attach a resistance band to a sturdy object. For external rotation, hold the band with your elbow at a 90-degree angle and rotate your arm away from your body. For internal rotation, start with your arm outward and rotate it inward.</p>	 <p style="text-align: center;"><i>External Rotation</i> <i>Internal Rotation</i></p>
<p>8. Dynadisc Balance <i>Parameters:</i> 3 sets of 1 minute each foot <i>Instructions:</i> Stand on a Dynadisc with one foot, keeping the other foot lifted. Try to maintain your balance for 1 minute. Switch legs and repeat.</p>	
<p>9. Bosu Ball Squats <i>Parameters:</i> 3 sets of 15 repetitions <i>Instructions:</i> Stand on a Bosu ball with both feet. Perform a squat by bending your knees and hips while keeping your back straight. Return to standing and repeat.</p>	
<p>10. Plank with Leg Lifts <i>Parameters:</i> 3 sets of 30 seconds each leg <i>Instructions:</i> Begin in a plank position with your forearms on the ground. Lift one leg off the floor and hold for 30 seconds, engaging your core. Switch legs after each set.</p>	
<p>11. Bird Dogs <i>Parameters:</i> 3 sets of 10 repetitions each side <i>Instructions:</i> Start on your hands and knees. Extend one arm forward while extending the opposite leg back, maintaining a neutral spine. Return to starting position and repeat on the other side.</p>	
<p>12. Side Plank with Hip Abduction <i>Parameters:</i> 3 sets of 15 repetitions each side <i>Instructions:</i> Start in a side plank position. Lift your top leg while keeping your body straight. Lower the leg back down and repeat.</p>	

Sport-Specific Training (30-40 minutes)


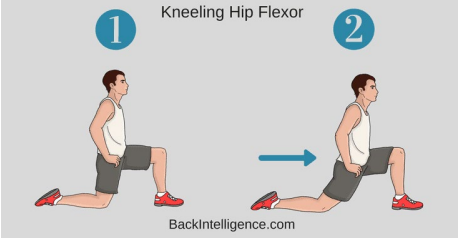

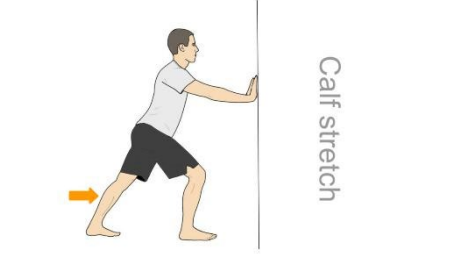
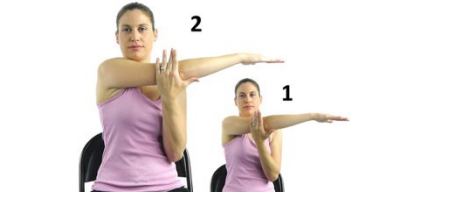
1. Agility Training

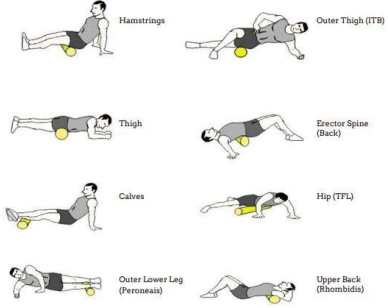
a. Ladder Drills

- b. Cone Drills
2. **Speed Work**
- 5 sets of 20 yards
 - 3 sets of 40 yards
 - Flying 10s (10-yard sprint after a 20-yard buildup): 5 sets

3. **Endurance Training**
- Interval Runs*: 10 sets of 30 seconds sprinting, 30 seconds walking
 - Longer Runs*: 2 sets of 5 mins running at 75-80% effort, w/ 2 min rest between sets

Cool-Down (10 minutes)

	<p>Hamstring Stretch with Towel</p> <ul style="list-style-type: none"> Lie on your back with one leg extended straight on the ground, other leg bent or straight. Loop a towel around the foot of your opposite leg and gently straighten it toward the ceiling, holding both ends of the towel. Gently pull the towel until you feel a stretch in the back of your thigh (hamstring). Hold 30 seconds, 3 times, switch legs.
	<p>Kneeling Hip Flexor Stretch</p> <ul style="list-style-type: none"> Start in a kneeling position with one knee on the ground and the other foot flat in front of you, forming a 90° angle at the knee. Shift your weight forward into the hip of the leg on the ground, keeping your torso upright. You should feel a stretch at the front of the hip of the leg that's kneeling. Hold 30 seconds, 3 times, switch legs.
	<p>Quadriceps Stretch with Strap</p> <ul style="list-style-type: none"> Lie face down on a comfortable surface. Loop a strap, belt or towel around your ankle. Gently pull your foot toward your glutes, bending your knee, until you feel a stretch along the front of your thigh (quadriceps). Keep your hips pressed into the floor and avoid arching your back. Hold 30 seconds, 3 times, switch legs.
	<p>Standing Calf Stretch</p> <ul style="list-style-type: none"> Stand facing a wall with hands pressed against wall for support. Step one leg back, keeping your heel on the ground and toes pointing forward. Keep your back leg straight and bend your front knee, leaning into the wall. You should feel a stretch in the calf of the back leg. Hold 30 seconds, 3 times, switch legs.
	<p>Posterior Capsule Stretch in Shoulder</p> <ul style="list-style-type: none"> Bring one arm across your chest, keeping it straight. Use your opposite arm to gently pull the straight arm closer to your body. You should feel a stretch in the back of your shoulder. Hold 30 seconds, 3 times, switch arms.

	<h3>Foam Rolling</h3> <ul style="list-style-type: none"> • For each muscle group, get in a comfortable position with adequate pressure applied. • <i>Seek and Destroy</i> <ul style="list-style-type: none"> ○ Roll on foam roller to assess for any sore spots, hold it there for 30-60 seconds or until soreness dissipates. • Avoid any bony areas, stop if there is sharp pain.
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Risk Factors:

- Head/face injuries in WLAX caused most by stick-to-body & ball-to-body contact vs. Body-to-body contact in MLAX.
- Increased risk for ACL injuries could be due to sport-specific biomechanics, such as landing differences, cutting, pivoting, twisting/turning.
- Found to be a five-fold increased risk of ACL injury following concussion in lacrosse players.
- WLAX has bigger field and don't sub as often & travel further distances during game; vs. MLAX sub out more, like ice hockey, and have shorter field.

Prevention:

- Promote more protective headgear (ASTM standard) and properly fitted mouthguards for WLAX.
- Use of gloves in WLAX to reduce contact hand/wrist injuries.
- Proper warm-ups before games with stretching, footwork, and game-like scenarios.
- Emphasize safe and legal defensive play to prevent aggressive and illegal play.
- Neuromuscular and proprioceptive training to improve underlying biomechanical dysfunction and prevent LE injuries.
- Sport-specific training with agility, speed work, and endurance training to prepare for the fast pace and change of direction in a game.

This program should be done 2-3 times/week during the off-season and 1-2 times/week during the season to maintain strength, agility, and endurance while preventing injuries.

NOTICE: If you are having any pain with any of these exercises, besides muscle soreness, please contact your MD or IMG-PT at 610-944-8410, and we will be happy assist with your rehabilitation to get you back on the lacrosse field!