IMG PHYSICAL THERAPY
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Ice hockey common injuries & prevention

Common injuries:

- Groin strains
- Concussions
- Hamstring strains
- Shoulder injuries (AC joint sprains)
- Knee injuries (MCL sprains)

Mechanism of injury:

- Ice hockey is a very physically demanding sport. Not only does it involve skill and technique but also strength and brute force. Most injuries occur from contact with another player including but not limited to; shoulder checking, fighting, or elbowing. Injuries could also involve objects like sticks or a hockey puck. Other injuries could occur from overuse, lack of mobility, or improper warmups.

How to help prevent injury:

- Proper warm-up
- Hydration
- Education on the game
- Knowing one's limits
- Listening to your body
- Adequate sleep
- Rest

THE FOLLOWING PROGRAM DOES NOT GUARANTEE THE PREVENTION OF INJURY BUT INSTEAD FIGHTS TO STRENGTHEN AREAS OF VULNERABILITY
If any issues or questions arise before beginning this program, please consult your physician or a Physical Therapist as improper form can lead to injury

All strengthening exercises can be performed for 3-4 sets of 8-12 depending upon muscular fatigue. If the exercises become easier perhaps utilize a band or weight. For stretches perform 3 sets of 30 second holds at a comfortable feeling. A chart for exercise set and rep ranges will be included at the end in figure 5.1!

Off ice warm up

- Dynamic stretching: walking lunges, arm circles, leg swings, butt kicks, opposite foot to hand
- Bike or elliptical for 3-5 minutes
- Monster walks



- Body weight squats (figure 1.1)
- Passing a soccer ball
    - Many ice hockey players utilize this warm up as it is a multi-muscle group activity

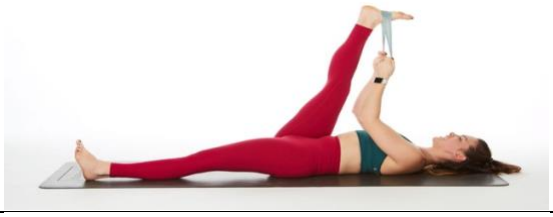
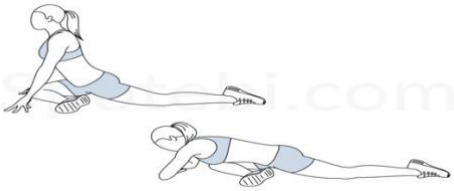
On ice warm up

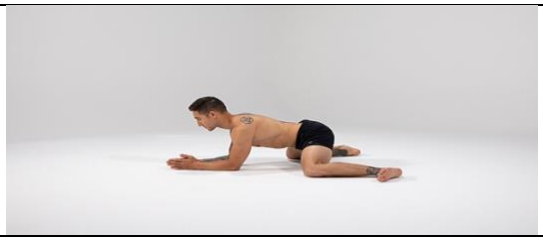
- Hip stretches: Pidgeon stretches, Hip flexor stretches, 90/90s, Frog pose (figure 3.1)
- On ice laps around neutral zone
- Stick handling drills (figure 2.1)
- Shooting drills



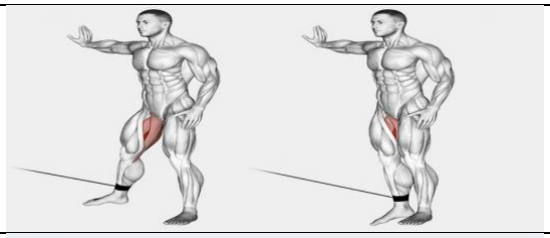
(figure 2.1)

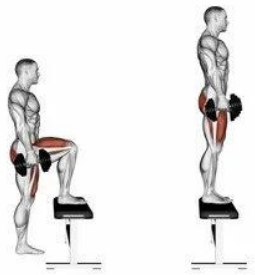
Lower Body stretching: (figure 3.1)

Toe Touches – Sitting with both legs fully extended, bend at the hips to reach towards your toes	
Laying hamstring stretch – Laying on your back using a belt, leash, towel or band looped around one foot life your leg straight into the air while keeping your knee straight, switch legs when finished	
Pidgeon stretch – With one knee bent Infront of your body let the other leg stay straight with your knee pointed down to the ground, switch legs when finished	
Hip flexor stretch – Laying on your back on an elevated surface with the opposite knee bent. Use a belt, leash, or band looped around one foot to pull the leg backwards, switch legs when finished	
90/90s – Sitting with both legs bent at 90 degrees rotate back and forth using your buttocks as a pivot point	

Frog pose – Get into position with both legs behind you in a pose similar to the letter M or a frog about to jump	

Lower Body Strengthening: (figure 4.1)

Cable or banded adduction - standing with cable/band around ankle and bring target leg across the body	
Ball squeezes – laying on your back with a ball in-between your legs squeeze together and hold for 10 seconds 10 times	
Sumo squatting – with legs in a wide stance and toes pointed outward go down into a deep squatting motion, make sure your hips aren't tipping forward or backward to maintain proper form	
Seated/lying leg curls – seated upright or laying on your stomach use a band or weight around your ankle and bring your leg back to your buttocks	
Squatting – legs shoulder width apart squat down simulating sitting in a chair, a chair could be used for support, make sure your chest doesn't lean too far forward	
Forward lunges – take one step forward and bend body down until at about 90 degrees then rise and perform on the other leg, make sure not to use arms on the way up and work the legs	

Forward/backward step ups – choose a step height or utilize steps available to you and step up with one leg and down with the other, make sure to not use arms as to best target the legs	
*Slide board *if available** - using the slide board to simulate skating progress from lighter strides to more forceful strides. If possible, wear gloves and stick to simulate weighted arm pumps	

Concussions

- **Return to Sport After Concussion**: https://cdn.hibuwebsites.com/563431f963d34e688d93ce6558c9e8da/files/uploaded/concussion-handout.pdf
- **Concussion**:https://cdn.hibuwebsites.com/563431f963d34e688d93ce6558c9e8da/files/uploaded/Concussions.pdf

Exercise Dosing

Table 1. Rate of Perceived Exertion

Modified Scale	Ordinal Scale[1]	Percent Effort	Perceived Work Load	Talk Test
	6	20%	Very, very light	At Rest
	7	30%		
	8	40%		Gentle walking or "strolling"
1	9	50%	Very light	
2	10	55%		Steady pace, not breathless
3	11	60%	Fairly light	
	12	65%		
4	13	70%	Moderately hard	Brisk walking, able to carry on a conversation
	14	75%		
5	15	80%	Hard	Very brisk walking, must take a breath between 4-5 words
6	16	85%		
7	17	90%	Very hard	Unable to talk and keep pace
8	18	95%		
9	19	100%	Very, very hard	
10	20	Exhaustion		

(Figure 5.1)