

INJURY

PREVENTION



Initial management of Injury:

“RICE”

- Rest.
- Ice- 15 mins every 2 hours
- Compression- a strap/ wrap around the injured area- not too tight.
- Elevation.

This is recommended for the first 3 days. If that doesn't work you may need to see a therapist.

Injury prevention - What can you do to make yourself more durable.....?

- Foam Roll.
- Flexibility- static stretching + mobility drills.
- Strength work.
- Core work.
- Balance work.

This can be done daily, at home, no equipment needed. Ensure exercises are pain free.

Strength work:

(see website www.activephysicaltherapy.ie- members area-“**Strength work @ Home**”)

- Single leg squat
- Single leg deadlift
- Step-up
- Single leg bridge
- Nordic hamstring curls
- Lunge

Balance work, Core work, Flexibility: (see sheets attached)

Keep in mind other important aspects including:

- Rest
- Fatigue
- Nutrition
- Hydration



Hip Flexor:



Glute:



Groin:



Hamstring:



Quad:



Calf:



Stretching Guidelines:

- Warm up before stretching
- Repeat each stretch 3 times
- Hold for 20-30 seconds
- Don not stretch to the point of pain
- Breath freely while stretching
- Do not bounce.

These general static stretches are to be used as a guide only and may not be suitable for everyone. For detailed instruction please consult a health professional.



Core:

(Core area= the area around your stomach and glute area)

Core strength is also very important for a number of reasons:

- Injury prevention.
- Improves speed and power

Front plank:



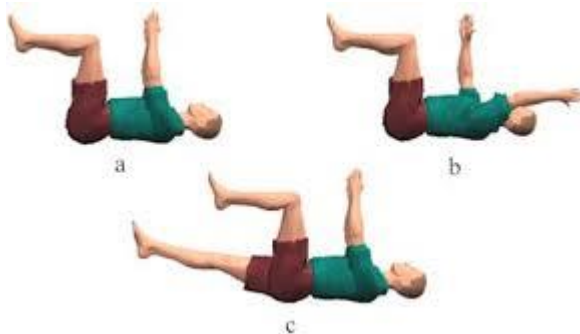
Spine level, shoulders relaxed, “brace” stomach and squeeze glutes. 5 sec holds x 10 reps.

Side Plank:



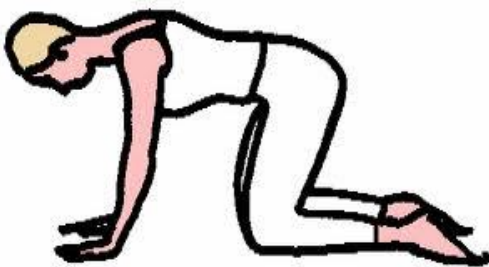
3 seconds x 10 reps each side.

“Dead Bug”



L&R=1 rep. Do 15 reps

“Supermans”



Proprioception Training

Progress to the next level when 3 sets of 30 seconds. can be completed on a flat surface

- Level (1). Balance on both feet with eyes open and arms out.
- Level (2). Balance on both feet with eyes open and arms across chest.
- Level (3).Balance on both feet with eyes closed and arms out.
- Level (4).Balance on both feet with eyes closed and arms across chest.
- Level (5).Balance on injured foot with eyes open and arms out.
- Level (6).Balance on injured foot with eyes open and arms across chest.
- Level (7).Balance on injured foot with eyes closed and arms out.
- Level (8).Balance on injured foot with eyes closed and arms across chest.

A **ball** can be added in to the above exercises

- Pass ball around body
- Over and under opposite leg
- Hand pass against the wall
- Ball bounces

Uneven surface:

Repeat above on an uneven surface such as a balance disc, wobble board, mini trampoline, cushion or pillow (s).

Hop sideways -land with balance from one foot to the other for 30 seconds.