

Injury Prevention Programs		
ACL/Knee Injury Prevention	FIFA 11+ <ul style="list-style-type: none">PDF: https://jacobstirtonmd.com/wp-content/uploads/2019/07/The-FIFA-11-Soccer-Injury-Prevention-Program.pdfVideo: https://www.youtube.com/watch?v=X5YyunLZzBc	
	Sportsmetrics Jump Training <ul style="list-style-type: none">PDF: https://www.drwaltlowe.com/pdf/sportsmetrics-jump-training-log.pdf	
	The PEP Program: Prevent Injury and Enhance Performance <ul style="list-style-type: none">PDF: https://physio4all.com.au/pdf_docs/Common%20Injuries%20PDFs/Knee%20PDFs/PEP.pdfVideo: https://www.youtube.com/watch?v=ZrT-3_q-dVU	
Ankle Sprain Injury Prevention	UCSF Sports Medicine Ankle Strengthening Protocol <ul style="list-style-type: none">PDF: https://sportsrehab.ucsf.edu/sites/sportsrehab.ucsf.edu/files/Ankle%20Strengthening%20Protocol.pdf	
Shin Splints/Foot and Ankle Injury Prevention	E3 Rehab’s Foot & Ankle Strengthening & Stretch Exercise Program For Intrinsics, Arch, Athletes and Runners <ul style="list-style-type: none">Video: https://youtu.be/UMubFK2Wj7c?si=5J2_B9PJPLJiiVNY Shin Splints Home Exercise Program <ul style="list-style-type: none">PDF: https://www.stewartmedicine.com/wp-content/uploads/2017/10/Shin-Splints.pdf	
Shoulder Injury Prevention	The Prehab Guys Shoulder Injury Prevention Program <ul style="list-style-type: none">PDF: https://theprehabguys.com/shoulder-injury-prevention-program/Video:<ul style="list-style-type: none">With a Partner/Teammate<ul style="list-style-type: none">Phase 1: https://www.youtube.com/watch?v=fK0OPyxVkg4Phase 2: https://www.youtube.com/watch?v=gtiYtWIG_YEPhase 3: https://www.youtube.com/watch?v=R0IHpLLfSko	
	UF Health Ortho and Sports Med Institute Throwers Ten Exercise <ul style="list-style-type: none">PDF: https://www.ortho.ufl.edu/sites/default/files/2023-03/Throwers-Ten_0.pdf	
Stretching and Foam Rolling	Foam Rolling <ul style="list-style-type: none">Upper Body<ul style="list-style-type: none">PDF: Upper Body Foam Roll GuideLower Body<ul style="list-style-type: none">PDF: Lower Body Foam Roll Guide	Stretching <ul style="list-style-type: none">Upper Body<ul style="list-style-type: none">PDF: Upper Body Stretching GuideLower Body<ul style="list-style-type: none">PDF: Lower Body Stretching Guide

Resources

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- FIFA 11+ Injury Prevention Program (Plus FREE Handouts). E3 Rehab; 2020. <https://www.youtube.com/watch?v=X5YyLzZbc>. Accessed August 12, 2022.
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