



The following injury prevention programs can be implemented into a team's warm up in an effort to prevent injuries or can be adopted by an individual into their own workout routine. If you have any questions regarding the injury prevention programs, email campusrecatc@wm.edu and an Athletic Trainer will get in touch with you!

Injury Prevention Programs		
ACL/Knee Injury Prevention	<p>FIFA 11+</p> <ul style="list-style-type: none">• PDF: https://jacobstirtonmd.com/wp-content/uploads/2019/07/The-FIFA-11-Soccer-Injury-Prevention-Program.pdf• Video: https://www.youtube.com/watch?v=X5YyunLZzBc	
	<p>Sportsmetrics Jump Training</p> <ul style="list-style-type: none">• PDF: https://www.drwaltlowe.com/pdf/sportsmetrics-jump-training-log.pdf	
	<p>The PEP Program: Prevent Injury and Enhance Performance</p> <ul style="list-style-type: none">• PDF: https://physio4all.com.au/pdf_docs/Common%20Injuries%20PDFs/Knee%20PDFs/PEP.pdf• Video: https://www.youtube.com/watch?v=ZrT-3_q-dVU	
Ankle Sprain Injury Prevention	<p>UCSF Sports Medicine Ankle Strengthening Protocol</p> <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	<p>E3 Rehab's Foot & Ankle Strengthening & Stretch Exercise Program For Intrinsics, Arch, Athletes and Runners</p> <ul style="list-style-type: none">• Video: https://youtu.be/UMubFK2Wj7c?si=5J2_B9PJPLjiVNy <p>Shin Splints Home Exercise Program</p> <ul style="list-style-type: none">• PDF: https://www.stewartmedicine.com/wp-content/uploads/2017/10/Shin-Splints.pdf	
Shoulder Injury Prevention	<p>The Prehab Guys Shoulder Injury Prevention Program</p> <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=fK0OPyxVkg4▪ Phase 2: https://www.youtube.com/watch?v=gtiYtWIG_YE▪ Phase 3: https://www.youtube.com/watch?v=R0IHpLLfSko	
	<p>UF Health Ortho and Sports Med Institute Throwers Ten Exercise</p> <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	<p>Foam Rolling</p> <ul style="list-style-type: none">• Upper Body<ul style="list-style-type: none">○ PDF: Upper Body Foam Roll Guide• Lower Body<ul style="list-style-type: none">○ PDF: Lower Body Foam Roll Guide	<p>Stretching</p> <ul style="list-style-type: none">• Upper Body<ul style="list-style-type: none">○ PDF: Upper Body Stretching Guide• Lower Body<ul style="list-style-type: none">○ PDF: Lower Body Stretching Guide

Resources

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