



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](mailto:campusrecatc@wm.edu) and an Athletic Trainer will get in touch with you!

Injury Prevention Programs		
ACL/Knee Injury Prevention	FIFA 11+ <ul style="list-style-type: none"> <li>PDF: <a href="https://jacobstirtonmd.com/wp-content/uploads/2019/07/The-FIFA-11-Soccer-Injury-Prevention-Program.pdf">https://jacobstirtonmd.com/wp-content/uploads/2019/07/The-FIFA-11-Soccer-Injury-Prevention-Program.pdf</a></li> <li>Video: <a href="https://www.youtube.com/watch?v=X5YyunLzBc">https://www.youtube.com/watch?v=X5YyunLzBc</a></li> </ul>	
	Sportsmetrics Jump Training <ul style="list-style-type: none"> <li>PDF: <a href="https://www.drwaltlowe.com/media/files/user/SPORTSMETRICS-LOG.pdf">https://www.drwaltlowe.com/media/files/user/SPORTSMETRICS-LOG.pdf</a></li> <li>Gifs showing execution of movements: <a href="https://www.drwaltlowe.com/sports-metrics/">https://www.drwaltlowe.com/sports-metrics/</a></li> </ul>	
	The PEP Program: Prevent Injury and Enhance Performance <ul style="list-style-type: none"> <li>PDF: <a href="https://www.aclstudygroup.com/pdf/pep-program.pdf">https://www.aclstudygroup.com/pdf/pep-program.pdf</a></li> <li>Video: <a href="https://www.youtube.com/watch?v=ZrT-3_q-dVU">https://www.youtube.com/watch?v=ZrT-3_q-dVU</a></li> </ul>	
Ankle Sprain Injury Prevention	UCSF Sports Medicine Ankle Strengthening Protocol <ul style="list-style-type: none"> <li>PDF: <a href="https://sportsrehab.ucsf.edu/sites/sportsrehab.ucsf.edu/files/Ankle%20Strengthening%20Protocol.pdf">https://sportsrehab.ucsf.edu/sites/sportsrehab.ucsf.edu/files/Ankle%20Strengthening%20Protocol.pdf</a></li> </ul>	
Shin Splints/Foot and Ankle Injury Prevention	E3 Rehab's Foot & Ankle Strengthening & Stretch Exercise Program For Intrinsic, Arch, Athletes and Runners <ul style="list-style-type: none"> <li>Video: <a href="https://www.youtube.com/watch?v=6WF4KHZBriA">https://www.youtube.com/watch?v=6WF4KHZBriA</a></li> </ul> Shin Splints Home Exercise Program <ul style="list-style-type: none"> <li>PDF: <a href="#">William &amp; Mary Campus Rec AT Shin Splint Program</a></li> </ul>	
Shoulder Injury Prevention	OSTRC Shoulder Injury Prevention Program <ul style="list-style-type: none"> <li>PDF: <a href="#">OSTRC Shoulder Injury Prevention Program</a></li> <li>Written Explanation: <a href="https://www.teamusa.org/USA-Team-Handball/News/2020/September/16/The-OSTRC-Shoulder-Injury-Prevention-Programme">https://www.teamusa.org/USA-Team-Handball/News/2020/September/16/The-OSTRC-Shoulder-Injury-Prevention-Programme</a></li> <li>Video:               <ul style="list-style-type: none"> <li>With a Partner/Teammate                   <ul style="list-style-type: none"> <li>Phase 1: <a href="https://www.youtube.com/watch?v=fK0OPyxVkg4">https://www.youtube.com/watch?v=fK0OPyxVkg4</a></li> <li>Phase 2: <a href="https://www.youtube.com/watch?v=gtiYtWIG_YE">https://www.youtube.com/watch?v=gtiYtWIG_YE</a></li> <li>Phase 3: <a href="https://www.youtube.com/watch?v=R0IHpLLfSko">https://www.youtube.com/watch?v=R0IHpLLfSko</a></li> </ul> </li> <li>By Yourself:                   <ul style="list-style-type: none"> <li>Phases 1-3: <a href="https://www.youtube.com/watch?v=gN1F7v_RQFQ&amp;t=307s">https://www.youtube.com/watch?v=gN1F7v_RQFQ&amp;t=307s</a></li> </ul> </li> </ul> </li> </ul>	
Stretching and Foam Rolling	Foam Rolling <ul style="list-style-type: none"> <li>Upper Body               <ul style="list-style-type: none"> <li>PDF: <a href="#">Upper Body Foam Roll Guide</a></li> </ul> </li> <li>Lower Body               <ul style="list-style-type: none"> <li>PDF: <a href="#">Lower Body Foam Roll Guide</a></li> </ul> </li> </ul>	Stretching <ul style="list-style-type: none"> <li>Upper Body               <ul style="list-style-type: none"> <li>PDF: <a href="#">Upper Body Stretching Guide</a></li> </ul> </li> <li>Lower Body               <ul style="list-style-type: none"> <li>PDF: <a href="#">Lower Body Stretching Guide</a></li> </ul> </li> </ul>

## Resources

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