INJURY PREVENTION ROUTINE

LOWER LEG EXERCISES
DO THESE ON SAND OR ON GRASS – COMPLETE 20-25 meters of each exercise.

**Outer Thigh Lift**
Lie sideways on an exercise mat. Place your arms in a comfortable position. Bend your bottom knee. This will allow you to perform a full range of motion. Slowly lift your top leg at least 45 degrees or greater. Lower your leg back to the starting position and repeat the exercise. Perform the outer thigh lift on both legs. For a challenge, try securing rubber resistance tubing around your ankles.

**Step 1** Lie sideways on workout mat. Bend bottom knee.
**Step 2** Lift leg at least 45 degrees or more.
**Step 3** Slowly lower leg. Do 3 sets of 10 on each leg.
**Inner Thigh Lift**
Lie sideways on an exercise mat. Extend your bottom arm. Place your top foot next to the thigh of the bottom leg. Slowly lift your bottom leg as high as you can (Note: The range of motion will be very short). Return to the starting position. Be sure to perform this exercise on both legs.

**Step 1** Lie down sideways. Place top foot near thigh.

**Step 2** Slowly lift bottom leg.

**Step 3** Slowly return to starting Point. Do 3 sets of 10 on each leg.

**Straight Leg Raise**
- Lying flat with one knee bent, one leg straight, tighten your abs and raise the straightened leg off the floor.
- Tighten the muscle on the top of your thigh as you slowly lift your leg, keeping your knee straight.
- Lower it and return to the starting position.
- Do 3 sets of 10 on each leg.
- Next from the same position, rotate the hip outward, and using the same procedure, do 3 sets of 10 of each leg.
- Last, rotate the foot inward and do 3 sets of 10 of each leg.

**Split Squats on Bench**
Place one foot on a weight bench. Ensure your legs are far apart. Your front leg should be about 3 feet away from the bench. Place your hands on your hips. Slowly squat down until your knee is bent about 90 degrees. Do not allow the knee to go out past the toes. Keep the knee straight over top the lower leg and foot. Be sure to keep your upper body straight as you squat. Return to the starting point. Perform 3 sets of 10 repetitions on each leg.

**Step 1** Place foot on bench. Front leg should be about 3 feet away from bench.

**Step 2** Squat down to approx. 90 degrees.

**Step 3** Return to starting point. Repeat 10x. Switch and do on opposite leg.

Video in Strength Training Section
## ITB Stretches

<table>
<thead>
<tr>
<th>Stretch #1:</th>
<th>Stretch #2:</th>
<th>Stretch #3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull foot up to back of buttocks. Cross the uninjured leg over the injured leg and push down, hold for 30 seconds.</td>
<td>Cross injured leg behind and lean towards the uninjured side. This stretch is best performed with arms over the head, creating a &quot;bow&quot; from ankle to hand on the injured side (unlike how it is depicted).</td>
<td>Cross injured leg over the uninjured side and pull the leg as close to your chest as possible.</td>
</tr>
</tbody>
</table>