

Lacrosse Training Program

Always consult your physician before beginning any exercise program. The information and advice published or made available through the Orthopaedic and Neurosurgery Specialists, PC is not intended to replace the services of a physician or physical therapist. This general information is not intended to diagnose any medical condition. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

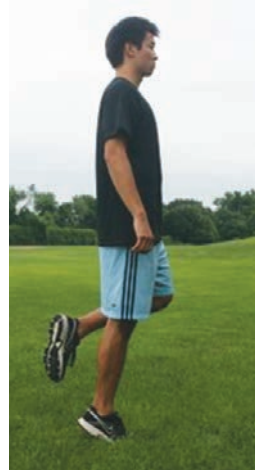


1) Step forward with one leg. Bend both your knees and lower yourself to the ground. Keep your shoulders back and your trunk straight. Lift up, step back, so your feet are together. Repeat 2 sets of 15 each leg.

2) Take a large step to the side with right leg. Keep left leg straight. Bend right knee and lower to the ground. Keep your back straight and knee in line with toes, do not let it cave inward. Lift back up and step together. Repeat 2 sets of 15 on each leg.



3) Stand on one leg and squat down. Reach back with the rear leg. Keep your stance leg in line with your toes. Make sure to sit back with your hips and let your shoulders come forward so that your front knee does not bend past your toes. Lift back up. Repeat 2 sets of 15 on each leg.



4) Stand on one leg, lift up onto your toes. Lower back down slowly. Repeat 2 sets of 15 on each leg.



5) Anchor a band above head height. Perform a lunge squat, holding onto the band. Twist your trunk and pull the band down to the opposite side. Maintain the lunge position, reaching back and forth with the band. Repeat 2 sets of 15 with each leg forward.

6) Anchor a band above head height. Perform a single leg squat, holding onto the band. Twist your trunk and pull the band down to the opposite side. Maintain the squat position, reaching back and forth with the band. Repeat 2 sets of 15 reps with each leg forward.



7) Anchor a band at waist height. Stand on one leg with knee slightly bent, holding onto the band. Rotate your trunk away from the band, maintaining balance on your stance leg. Repeat 2 sets of 15 on each leg.

8) Hold onto the band in each hand, elbows bent, shoulders back. Rotate your arms outward. Return to start position. Repeat 2 sets of 15.



9) Lie down on the ground with one leg in the air, one knee bent and foot flat. Lift your hips off the ground. Repeat 2 sets of 15 on each leg.



10) Perform a plank. Keep your stomach tight and back in neutral, alternate lifting one leg up straight, then the other. Repeat 20 lifts on each leg, 2 sets.



11) Perform a side plank. Lift your hips off the ground as high as you can, keeping your stomach tight and back in neutral. Lower back down. Repeat 20 reps on each side, 2 sets.



12) Lie on your back. Tighten your stomach while keeping your back in a neutral curve. Begin with both knees up to your chest. Hold one while extending the opposite leg straight. Repeat 20 on each leg, 2 sets.

13) Lie on your stomach with your hands under your shoulders. Extend your elbows and lift your trunk off the ground, while keeping your hips relaxed. Lower back down. Repeat 2 sets of 15.



14) Lie on your back and lift one leg straight up, holding behind the knee to stretch the back of your thigh. Hold for 30 seconds on each leg.



15) Kneel on one knee with the other bent in front of you. Keep your stomach tight and shift your hips forward to feel a stretch in the front of your rear thigh. Hold for 30 seconds on each leg.



16) Kneel as in previous exercise. Arch your back and lean your trunk to the opposite side of your rear leg. Hold for 30 seconds on each leg.



17) Crouch down on the ground and extend one leg out to the side to stretch your groin. Hold 30 seconds on each side.



18) Stand facing a wall, reach back straight with your leg until you feel a stretch in your calf. Hold 30 seconds on each leg.

