

# High School Injury Prevention Program

Designed to be completed before practice and games in an effort to reduce injuries and improve performance.

Developed by Steadman Hawkins Sports Medicine, Proaxis Therapy, and Acceleration Sports Institute.

Full program available at [www.steadmanhawkinscc.com/orthopaedic-services](http://www.steadmanhawkinscc.com/orthopaedic-services). Reps can be increased as long as good form is maintained.

## Dynamic Warm Up



Knee Hug  
2 x 10 yds



Heel to Glute  
2 x 10 yds



Open the Gate  
2 x 10 yds



Close the Gate  
2 x 10 yds



Inch worm  
2 x 10 yds

## Functional



Trunk



Deep



Side Plank

## Balance and Agility



STEADMAN HAWKINS  
CLINIC of the CAROLINAS



proaxistherapy  
INNOVATIVE THERAPY RESOURCE



ACCELERATION  
SPORTS INSTITUTE

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