



EXERCISES & STRETCHES FOR ATHLETES RETURNING TO SPORT



**TRAINING FOR
JUMPING
ATHLETES**



**TRAINING FOR
RUNNING
ATHLETES**



**STRETCHES FOR
OVERHEAD
ATHLETES**

Exercises for Basketball & JUMPING ATHLETES



LATERAL BAND WALKS

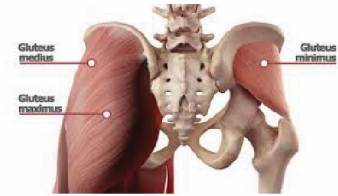


Strengthens: Glutes. Important for lower body stability.

Stand with a resistance band around slightly bent knees, keep the tension on the band the entire time. Move laterally ten steps in one direction then the other. These are going to strengthen your glutes, specifically your gluteus medius, which functions to keep your knee stable.

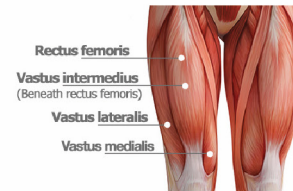
GLUTES

Glutes - The Gluteus Maximus, Medius, and Minimus. The Gluteus Medius is especially important for stabilizing the knee.

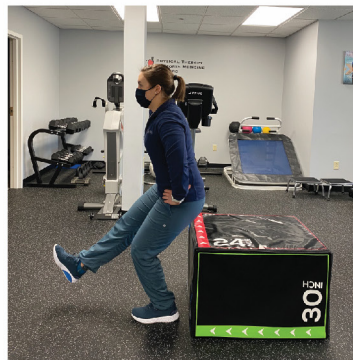
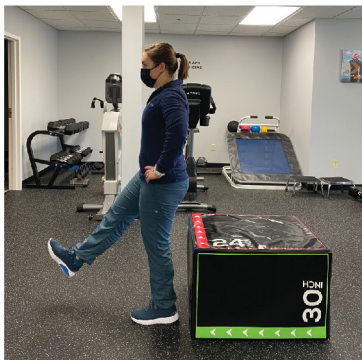


QUADRICEPS

Rectus Femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius. The quadriceps as a group function mainly to straighten the knee. The rectus femoris functions mainly to flex the hip.



SINGLE LEG SQUATS



Strengthens: Glutes, hips, quads. Important for hip, knee and ankle stability, and balance.

Stand with feet hip-width apart. Lift your left leg out and hold it out straight and slightly in front of you. Start to push your hips back as you lower into a squat position. Squeeze your glutes as you push into the right foot to stand back up. Engage the core and keep upright posture throughout the movement.

PLYOMETRICS



Plyometrics are any type of jumping movement. They're important for building and improving power in the upper and lower body. Start with basic movements such as double leg hopping, single leg hopping, and lateral hops; then increase speed and volume as you master each movement. Once you feel comfortable, you can advance to more challenging moves like broad jumps, box jumps (pictured) and vertical jumps.

Stretches & Exercises for RUNNERS

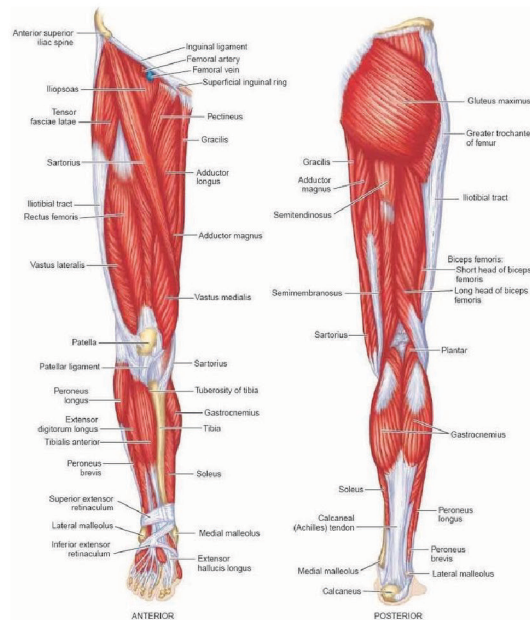


REVERSE LUNGES



Strengthens: Glutes, Core, Quads, and Calves

Stand with your feet hip-width apart. Step your one foot back and lower into a lunge, keeping your other knee bent at 90° and above your ankle. Engage your core and maintain upright posture throughout the movement.



GLUTE BRIDGES



Strengthens: Glutes, Hips, Core

Lie on your back with your knees bent and feet flat on the floor. Brace your core then lift your hips until your knees form a straight line with your upper body. Lower back down.

SINGLE LEG DEADLIFTS



Strengthens: Glutes, Hips, Hamstrings, and Back

Stand with your feet hip-width apart. Raise one leg out behind you and shift your weight to the other. Hinge at the hips to bend forward while extending your leg behind you. Engage your core, keep back flat and hips level.

HAMSTRING AND CALF STRETCHES



Stretching is important to avoid injury, particularly after extended periods of inactivity. Athletes can start stretching routines even before they're ready to return to activity. This can be done with static stretching of the muscles or with tools such as a slant board, foam roller, or massage stick.

A static stretch is a low-intensity stretch that is held without movement for at least 15 seconds.

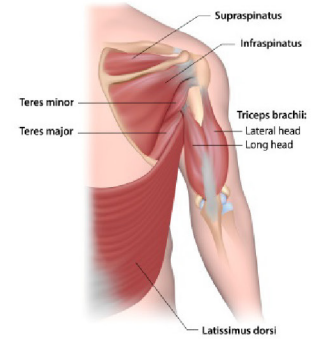
Upper extremity stretches for THROWING ATHLETES

Presented by the experts at



PHYSICAL THERAPY & SPORTS MEDICINE CENTERS

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LATISSIMUS DORSI AND POSTERIOR ROTATOR CUFF STRETCH

Foam roll your Latissimus Dorsi and posterior shoulder while lying on your side. Gently roll your body weight along the underside of your arm down to your lower ribs. You may need to lean back to keep the foam roller along that side. Try to reach the muscle that lies towards the back of the rib cage. Then gently roll the foam roller up to behind your shoulder as demonstrated in picture 2 to apply pressure to the posterior rotator cuff muscles that assist with the throwing motion. You should roll out for about 3 minutes on your throwing side. This improves blood flow and promotes mobility in the shoulder.

LATISSIMUS DORSI

Commonly called the "lats," the latissimus dorsi is the largest muscle in the upper body. The lats are used during movements like swimming, climbing, swinging, and throwing. Tight lats can lead to decreased torque and performance, and in more severe cases, injury.

ROTATOR CUFF

Consists of the Supraspinatus, Infraspinatus, Teres Minor, and Subscapularis. The Rotator Cuff functions to keep the head of the humerus in the shoulder socket. It also helps raise and rotate the humerus. Rotator cuff injuries can occur due to repetitive motions in overhead throwing sports.

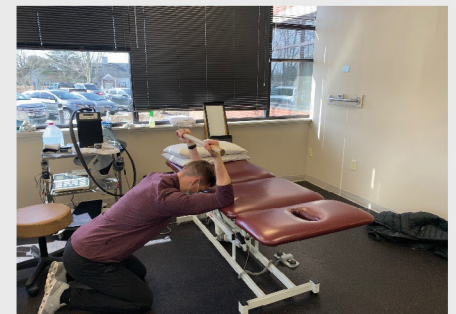
LATISSIMUS DORSI STRETCH WITH DOWEL OR BAT



Kneel in front of a couch, coffee table, or bed with elbows supported, bent at 90°.



Lift the bat/towel up to the ceiling (palms facing up).



Press hips downward toward heels and lower face to the table/support.

SIDELYING CROSS BODY STRETCH



While laying on your side, bend bottom arm to a 90° angle at the elbow. Use opposite arm to pull bottom arm up towards the ceiling.



You should "pin" or stabilize your shoulder blade to the surface/table and hold it while lifting your arm up.



Be careful not to roll backwards. This will stretch the posterior shoulder.