

# INJURY PREVENTION EXERCISES

with an emphasis on balance, proprioception and foot/ankle strengthening.



The following exercises will address components to injury prevention and can be easily done at home with no equipment other than a mirror and a pillow or couch cushion.

Reps and Sets should be determined by your trainer or coach.

TIP FROM PHYSICAL THERAPIST DAVID LIPETZ, WESTSIDESPINE@AOL.COM

## BAREFOOT TOE WALK WITH FORWARD LEG EXTENSION

This exercise must be done barefoot in order to receive proper proprioceptive feedback from the bottom of your foot and proper dynamic provocation to the ankle/foot complex.

### INSTRUCTIONS:

While barefoot, raise up onto the ball of your foot.

With your hands fully extended out toward your side, start to extend one leg at a time in front of you as high as you can without losing your balance.



## BAREFOOT JUMP ENTRIES ON VARIABLE SURFACE (AXEL – LOOP – FLIP/LUTZ)

- This exercise must be done barefoot in order to receive proper proprioceptive feedback from the bottom of your foot and proper dynamic provocation to the ankle/foot complex.
- Note that the form in the photograph for specific jump entries may not be exactly how you were taught. Please use the form you were taught by your coach if it is not similar to the photographs below.
- These exercises must be done on a soft surface such as a couch cushion (used in the photographs) or a soft thick pillow while in front of a mirror – a foam pad is ideal.

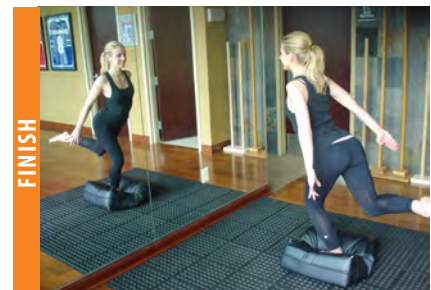
**LEVEL 1:** Slow repetitions while maintaining strict form while going from the start to finish position.

**LEVEL 2:** Going from the start position into the finish position and holding the finish position for up to five seconds.

Reps and Sets will be determined by your trainer or coach

### AXEL ENTRY

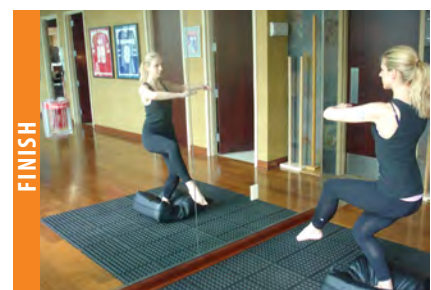
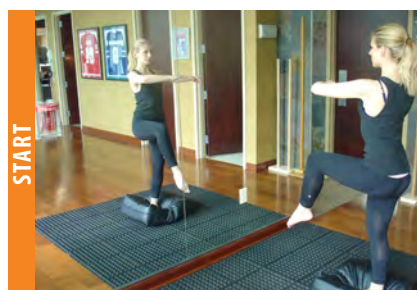
**IMPORTANT:** You must have your weight distributed toward the middle portion of your foot. Use the mirror for feedback to see if your foot, knee and hip are in alignment.



### LOOP ENTRY

**IMPORTANT:** You must have your weight distributed toward the front of your foot.

Use the mirror for feedback to see if your foot, knee and hip are in alignment.



## LUTZ/FLIP ENTRY

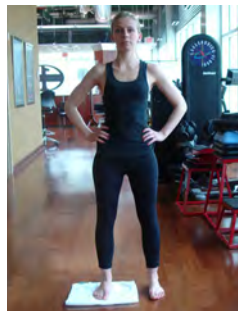
**IMPORTANT:** You must have your weight distributed toward the front of your foot.

Use the mirror for feedback to see if your foot, knee and hip are in alignment.



## HIP STAR EXCURSION

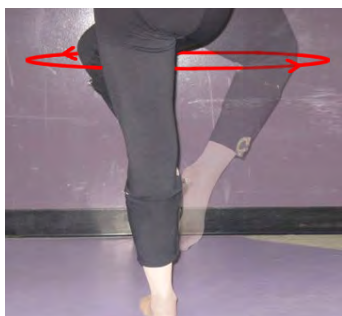
Slowly slide the foot that is on the towel out to the side, then diagonal and finally straight backwards. Make sure the opposite side (without the towel) maintains proper alignment of the hip, knee and ankle as the other leg is sliding into the three different directions. This is best done in front of a mirror. Perform the sliding on each leg.



**TIP FROM TRAINER BENOIT DUBOSCQ, BNTDUBOSCQ@GMAIL.COM** – Benoit suggests the following exercises as a dynamic warm up before skating to help strengthen and stabilize the foot and ankle, optimize jumping efficiency, and to help prevent injuries related to repeated impact.

### 1. ANKLE MOBILIZATION:

It is essential to do this exercise without shoes to fully mobilize the ankle. Stand at the wall or ballet bar and use your hands for gentle balance (but not to brace against). Keeping your left heel planted firmly on the floor, swing your free leg (with knee bent) vigorously side to side while stabilizing yourself with your ankle muscles. Suggested 20 reps each leg.



### 2. DYNAMIC SOLEUS/GASTROC STRETCH:

*(these are the muscles of the calf)*

Keeping your ankles in a neutral position (not turned inward or outward), stand with your hands on the wall for stability and flex the knee nearest the wall. Hold for two seconds and repeat. Ten reps on each leg.



### 3. STANDING TOE RAISES:

Standing on both feet, come up to the toes and then lower slowly to the floor. On your way down, emphasize pushing with your big toe to slow your descent (eccentric deceleration). Two sets of eight reps.



### 4. DYNAMIC SKIPPING WITH CONTROL:

This is technically executed skipping. Push off with a fully extended ankle, knee and hip, and land on the ball of the opposite foot. Hold that position for two seconds before the next skip. Perform two sets of 16 alternating leg skips (eight per leg).



### 5. GO SKATE!!