

## WEEKLY INJURY PREVENTION SCHEDULE

Day	Body Part	Exercises	Execution
Monday	Upper Leg	<ul style="list-style-type: none"> <li>• Couch Stretch</li> <li>• Quad Roll</li> <li>• Distal Quad Smash</li> <li>• Seated Hamstring Massage</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per leg</li> </ul>
Tuesday	Hips	<ul style="list-style-type: none"> <li>• Pigeon/Elevated Pigeon</li> <li>• Deep Lunge</li> <li>• Hip Extension</li> <li>• Gut Smash</li> </ul>	<ul style="list-style-type: none"> <li>• 2 minutes per side</li> <li>• As long as you want</li> <li>• 2 minutes per side</li> <li>• 2 minutes per side</li> </ul>
Wednesday	Lower Leg	<ul style="list-style-type: none"> <li>• Banded Ankle Opener</li> <li>• Shin Smash</li> <li>• Massage Sandwich</li> <li>• Broomstick Bash</li> <li>• Calf Smash</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per ankle</li> <li>• 2-3 minutes per shin</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes total</li> <li>• 2-3 minutes total</li> </ul>
Thursday	Back & Spine	<ul style="list-style-type: none"> <li>• Spinal Curls</li> <li>• Trap Smash</li> <li>• Gut Smash</li> <li>• Low Back Massage</li> <li>• Lat Rolling</li> <li>• Thoracic Reach Thru</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes</li> <li>• 2 minutes per side</li> <li>• 2 minutes per side</li> <li>• 3-4 minutes total</li> <li>• 2 minutes per side</li> <li>• 2-3 minutes total</li> </ul>
Friday	Shoulders	<ul style="list-style-type: none"> <li>• Trap Smash</li> <li>• Dip Hold</li> </ul>	<ul style="list-style-type: none"> <li>• 2 minutes per side</li> <li>• 4 x 30sec holds</li> </ul>
Saturday	Glutes & TFL	<ul style="list-style-type: none"> <li>• Glute Massage</li> <li>• TFL Massage</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per side</li> <li>• 2-3 minutes per side</li> </ul>
Sunday	Feet & Toes	<ul style="list-style-type: none"> <li>• Foot Rolling</li> <li>• Banded Toe Extension</li> <li>• Toe Re-animation</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per foot</li> <li>• 20-30 extensions per foot</li> <li>• 2-3 minutes per foot</li> </ul>

### Disclaimer

While we've worked with numerous licensed physical therapists to create content, we are not doctors, nor do we claim to be doctors. These exercises are ones we've used on ourselves and our clients throughout the years and have selected our favorite, most effective tools to get the job done! If you're concerned with any exercises, please reach out to your local physical therapist for further guidance!

## SPECIFIC INJURY PRESCRIPTIONS

Specific Injury	Exercises	Execution
Plantar Fasciitis	<ul style="list-style-type: none"> <li>• Foot Rolling</li> <li>• Broomstick Bash</li> <li>• Banded Toe Extension</li> <li>• Lower Leg Sandwich</li> <li>• Banded Ankle Opener</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per foot</li> <li>• 3-4 minutes total</li> <li>• 20-30 extensions per foot</li> <li>• 2-3 minutes each leg</li> <li>• 2 minutes each ankle</li> </ul>
Runner's Knee	<ul style="list-style-type: none"> <li>• Glute Massage</li> <li>• Distal Quad Smash</li> <li>• Quad Rolling</li> <li>• Couch Stretch</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per side</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per leg</li> </ul>
Shin Splints	<ul style="list-style-type: none"> <li>• Shin Smash</li> <li>• Banded Toe Extension</li> <li>• Calf Smash</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per leg</li> <li>• 20-30 extensions per foot</li> <li>• 2-3 minutes per leg</li> </ul>
IT Band Syndrome	<ul style="list-style-type: none"> <li>• Quad Roll</li> <li>• Couch Stretch</li> <li>• Glute Massage</li> <li>• Pigeon / Elevated Pigeon</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per side</li> <li>• 2-3 minutes per side</li> </ul>
Low Back Pain	<ul style="list-style-type: none"> <li>• Low Back Massage</li> <li>• Couch Stretch</li> <li>• Seated Hamstring Massage</li> <li>• Spinal Curls</li> <li>• Thoracic Reach Thru</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes total</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes total</li> <li>• 2-3 minutes total</li> </ul>
Achilles Tendonitis	<ul style="list-style-type: none"> <li>• Calf Rolling</li> <li>• Banded Toe Extension</li> <li>• Toe Re-animation</li> <li>• Banded Ankle Opener</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 minutes per leg</li> <li>• 2-3 minutes per foot</li> <li>• 2-3 minutes per foot</li> <li>• 2-3 minutes per ankle</li> </ul>

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