

# INJURY PREVENTION

<b>RESISTANCE BANDS</b>			
<b>REPS</b>		<b>TECHNIQUE</b>	<b>IMAGE</b>
10 EACH	WRIST	<p>Sit on chair at table or flat surface, wrap one end of resistance band around hand and place other end under foot, palm facing down, curl wrist up and down pulling at band, repeat with palm facing up</p>	
10 EACH	SHOULDER	<ol style="list-style-type: none"> <li>1. Hold band shoulder width apart with arms out straight in front at shoulder level, pull band out and slowly bring back in, controlled slow movements</li> <li>2. Hold band with arms at right angle, palms facing in, keep elbows to sides and twist arms out to sides pulling at band, release back slowly</li> <li>3. Hold each end of band, place middle under both feet, pull band up in front as high as possible with both arms straight, repeat with arms going out to sides</li> <li>4. Hold band just wider than shoulder width, keeping arms straight lift band above head and behind back, aim is to complete with hands as close together as possible</li> </ol>	
10 EACH	ANKLES	<ol style="list-style-type: none"> <li>1. Sit in pike, hold end of resistance band in each hand, place middle of band around foot tight, point toe pulling at band</li> <li>2. Tie band around table leg, sit in pike with band at right angle to leg, place foot in band, twist foot sideways pulling at band</li> <li>3. Tie band around table leg, sit in pike facing band, flex foot up pulling against band</li> </ol>	