Entire Team Exercise List

1. Self Myofascial Release (Once a day)
   1. ATI Handout attached
2. Static Stretching (3 x 30s, twice a day)
   1. Hip Flexor (standing or kneeling)
   2. Standing Quad Stretch
   3. Hamstring Stretch
   4. Piriformis Stretch
   5. Calf Stretching (knees straight and bent)
   6. Standing Peroneal Stretch
3. Strength/Stability: 3 x 10 (1-2 times a day)
   1. Clams
   2. Reverse Clams
   3. Bridges
   4. Quad Hip Extension

Name: Ryan S.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Hamstring Curl
   3. TA Bracing ( 30 x 3s hold)

Name: Eddie D.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Hamstring Curl
   2. TA Bracing (30 x 3s hold)

Name: Nathan H.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Doorway Stretch
   3. Adductor Stretch
   4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Pelvic Tilts
   6. Scapular Retractions
   7. Wall Angels

Name: Josh L.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Pelvic Tilts
   4. Hamstring Curl
   5. TA Bracing (30 x 3s hold)

Name: Erich S.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Adductor Stretch
   3. Child’s Pose
   4. Yoga Stretch
   5. Doorway Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)
   4. Pelvic Tilts
   5. Scapular Retractions
   6. Wall Angels

Name: Ned W.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
   3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Pelvic Tilts

Name: Drew B.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
   3. Adductor Stretch
   4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)
   4. Pelvic Tilts

Name: Peter F.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Doorway Stretch
   3. Adductor Stretch
   4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Pelvic Tilts
   6. Scapular Retractions
   7. Wall Angels

Name: Leo N.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Doorway
   3. Adductor
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Scapular Retractions
   6. Wall Angels

Name: Joey S.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
   3. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)

Name: Sam M.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
   3. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)

Name: Ethan S.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)

Name: Ben S.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Adductor Stretch
   3. Child’s Pose
   4. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Pelvic Tilts

Name: Antonio H.

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
   2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Pelvic Tilts

Name: Leor W.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
   3. Yoga Stretch
   4. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)
   4. Pelvic Tilts

Name: Luke B.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Adductor Stretch
   3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)
   4. Pelvic Tilts

Name: Eric H.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)

Name: Sebastian B.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Adductor Stretch
   3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Hamstring Curl
   2. TA Bracing (30 x 3s hold)

Name: Jack R.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Adductor Stretch
   3. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)

Name: Mike J.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
   3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)
   4. Pelvic Tilts

Name: Liam

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)

Name: Jaquion

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Hamstring Curl
   2. TA Bracing (30 x 3s hold)

Name: Colin G.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Child’s Pose
   3. Yoga Stretch
   4. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)
   4. Pelvic Tilts

Name: Alex X.

1. Stretching (3 x 30s, twice a day)
   1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Pelvic Tilts

Name: Michael S.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Yoga Stretch
   3. Doorway Stretch
   4. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Calf Raises (toes in and out)
   3. Swiss Ball Hamstring Curl
   4. Wall Angels
   5. Scapular Retractions

Name: Nikola B

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl

Name: Michael R

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
   2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Swiss Ball Hamstring Curl
   4. TA Bracing (30 x 3s hold)
   5. Pelvic Tilts

Name: Jeremy Y.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
   2. Adductor Stretch
   3. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Swiss Ball Hamstring Curl

Name: Gabriel K.

1. Stretching (3 x 30s, twice a day)
   1. Yoga
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Pelvic Tilts

Name: Matthew L

1. Stretching (3 x 30s, twice a day)
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Hamstring curl

Name: Ronan G

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
   2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30x3s)
   5. Pelvic Tilts

Name: Ian B.

1. Stretching (3 x 30s, twice a day)
   1. Child’s Pose
   2. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Hamstring Curl

Name: Ryan D.

1. Stretching (3 x 30s, twice a day)
   1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. TA bracing (30x3s)
   3. Pelvic tilts

Name: Alexis P.

1. Stretching (3 x 30s, twice a day)
   1. Child’s Pose
   2. Lat Stretch
   3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. TA Bracing (30x3s)
   3. Pelvic Tilts

Name: Anthony M.

1. Stretching (3 x 30s, twice a day)
   1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. TA Bracing (30x3s)
   3. Pelvic Tilts

Name: Baito

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
   2. Lat Stretch
   3. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl

Name:

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl

Name: Joshua R

1. Stretching (3 x 30s, twice a day)
   1. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. TA Bracing (30x3s)
   4. Pelvic Tilts
   5. Hamstring Curl

Name: Andrew S.

1. Stretching (3 x 30s, twice a day)
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Hamstring Curl

Name: Alexander P.

1. Stretching (3 x 30s, twice a day)
   1. Child’s Pose
   2. Lat Stretch
   3. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. TA Bracing (30x3s)
   4. Pelvic Tilts

Name: Jacob D.

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
   2. Yoga Stretch
   3. Lat Stretch
   4. Doorway Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30x3s)
   5. Wall Angels
   6. Scapular Retractions

Name: Baxter

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
   2. Yoga Stretch
   3. Lat Stretch
   4. Doorway Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Toe Raises
   2. Hamstring Curl
   3. Wall Angels
   4. Scapular Retractions

Name: Jon G

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
   2. Yoga Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl
   4. TA Bracing (30x3s)
   5. Pelvic Tilts

Name: Alan M

1. Stretching (3 x 30s, twice a day)
   1. Child’s Pose
   2. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Hamstring Curl

Name: Noah F

1. Stretching (3 x 30s, twice a day)
   1. Child’s Pose
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Hamstring Curl

Name: Noah F.

1. Stretching (3 x 30s, twice a day)
   1. Lat Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Hamstring Curl
   3. TA Bracing (30 x 3s hold)

Name: Nick L.

1. Stretching (3 x 30s, twice a day)
   1. Adductor Stretch
2. Strength/Stability (3 x 10, 1-2 times a day)
   1. Calf Raises (toes in and out)
   2. Toe Raises
   3. Hamstring Curl